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BOUNCING BACK

TORONTO FC NETS LAST-SECOND GOAL IN VICTORY OVER VANCOUVER WHITECAPS PAGE 44

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Hopes raised and dashed

"Residents' hopes shouldn't have been raised for something that was an unfunded ... plan, that was really not thought through."

Transit commissioner Peter Milczyn, speaking to reporters on Wednesday

Further study

"It's a face-saving motion and we need it right now."

Coun. Shelley Carroll, on Peter Milczyn's motion, endorsed by council, for further studies and public consultations

Back in charge

"Transit went off the rails with the mayor for a while but I can assure everyone in Toronto the mayor is back in charge of transit."

Coun. Doug Ford, after the meeting

Karen Stintz's OneCity plan was buried Wednesday, leaving commuters disappointed, but also frustrated at council's bickering over the transit file. For rider reaction, see page 3. TORSTAR NEWS SERVICE FILE

OneCity comes to a screeching halt

Stintz's vision shattered. But the TTC chair says council still took a step forward with review

The latest in a long line of shining Toronto transit plans — this time dangled before frazzled commuters by TTC chair Karen Stintz — has been buried by city council.

Councillors voted 43-1 in favour of a watered-down "face-saving motion" from TTC commissioner Peter Milczyn. But allies of Mayor Rob Ford declared Stintz's OneCity plan dead and suggested it was never more than a colourful map unveiled at a news conference three weeks ago.

The mayor did not speak to transit at council Wednesday.

Even those who sided with Stintz earlier this year in opposing Ford's unfunded Sheppard subway plan blocked her and TTC vice-chair Glenn De Baeremaeker's attempt to reopen the future of the Scarborough RT.

They want it converted to a subway rather than the agreed-upon LRT. The province has already said it won't reconsider that agreement.

It would cost about $500 million more to build a subway, but the ridership warrants that kind of train and the Scarborough RT would be able to continue running during construction, Stintz said.

It will be closed for three to four years while the LRT is built, consigning 40,000 daily riders to buses running in traffic.

The time to have looked at a subway in Scarborough was in the winter, before council approved the plan to build the LRT, many councilors said.

But hindsight is golden, said Paula Fletcher, who was behind the OneCity plan.

The city was already working on a study of potential transit-funding tools including the property tax plan Stintz favoured.

TORSTAR NEWS SERVICE

Condo boom & bust-a-move

Toronto developers are hosting dance parties, art shows and other pop-up events to showcase neighbourhood diversity PAGE 34

Theme park gets sued

A lawsuit contends two amputees were kept off the Revenge of the Mummy ride at Universal Studios Hollywood in violation of the Americans with Disabilities Act PAGE 12

Colour me embarrassed

Republican Presidential candidate Mitt Romney makes a major pitch to black voters in a campaign speech, but is booed by the crowd when he promises to get rid of Obamacare PAGE 10

Not for the shy guy

Bright colours, bold prints and shiny metallics are all the rage for men next spring and summer PAGE 29

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Transit.
TTC riders upset with decision on OneCity

After three weeks of fanfare, TTC riders were disappointed Wednesday to hear commissioner Karen Stintz's OneCity plan had effectively gone up in smoke. But perhaps more so, they were exasperated with council's constant bickering over the best solution to the city's transit woes.

At rush hour on Wednesday evening, commuters at the bustling Union Station met the news of OneCity's fall with a mix of disappointment and frustration, but a noted lack of surprise.

"What a drag and a half," Peter James, a TTC rider who had been listening to updates from Wednesday's council meeting on the radio before his commute.

"I'm not surprised. It's just politicians fighting inwardly about who is better than whom."

Outside the station, John Fairweather admitted he wasn't very well-versed on the details of OneCity, but there were some features of the plan he had been anticipating.

"If you have a plane to catch and you have to go to the airport, you're jumping between the streetcar, the subway, (and) the bus, trying to get there. Odds are you'll get there on time if you leave two and half hours beforehand," he laughed, referring to the subway extension to the airport that won't be built. **TORSTAR NEWS SERVICE**

Quoted

"They're not thinking of the public ... They ought to think of us, the people, and how they can make things better."

TTC rider Peter James

Police find man missing from psychiatric ward

Mitchell Oraa, who fled from Toronto East General Hospital on Tuesday, was found by police Wednesday night. HANDOUT

Search for patient.
Two men in psychiatric care at Toronto East General Hospital have fled this year

Toronto police have located a man who had previously gone missing from a psychiatric ward at Toronto East General Hospital.

Police had issued a public warning Wednesday morning about Mitchell Oraa, who had left the hospital on a short-term pass on Tuesday and failed to return. Police said he could be dangerous to himself or others.

He was located at about 8:40 p.m.

A hospital spokesperson said Oraa initially went to the hospital voluntarily, but would not say when he arrived. After an initial assessment, he was held under the Mental Health Act for treatment.

Residents of the neighbourhood around the hospital were dismayed on Wednesday with the hospital's security system after yet another incident.

In February, a psychiatric patient was shot dead by a police officer after leaving the same hospital, which is in a residential neighbourhood near a primary school and a civic centre.

Michael Eligon, 29, was shot in the chest and killed after being found roaming the streets dressed only in a hospital gown and socks, and carrying scissors taken from a neighbourhood convenience store.

Eligon's death prompted more than a dozen concerned citizens and activists to make recommendations to the Toronto Police Services Board on how to prevent police shootings of the mentally ill. **TORSTAR NEWS SERVICE**

Daily TTC reviews for all to see

The TTC has started posting daily updates to its website that show how reliable — or unreliable — its service was the day before.

Shortly after chief executive officer Andy Byford began his job in March, he started releasing a monthly report on how the TTC is doing.

Part of the report looks at whether the commission is meeting its own targets on 25 indicators, like passenger safety and security, and staff absenteeism.

A week ago, the TTC began posting some of the results online every weekday as a means of being more transparent.

"Since we had (the data), we thought we'd might as well put it up," said chief customer service officer Chris Upfold.

"We've always used these numbers. We were just never very transparent with them."

The daily report shows how often buses, streetcars and trains arrived on schedule, plus or minus three minutes, the day before. **TORSTAR NEWS SERVICE**

Quoted

"Since we had (the data), we thought we'd might as well put it up."

Chris Upfold, chief customer service officer for TTC

Arriving on time

- The goal is for trains on the Yonge-University-Spadina, Bloor-Danforth and Sheppard lines to arrive within three minutes of schedule 96 per cent of the time.
- Buses and streetcars should reliably arrive on time within three minutes 65 and 70 per cent of the time, respectively. Buses and streetcars have a lower target than subways because more things could go wrong in traffic to cause delays.

COURTESY TTC.CA

- The TTC aims to have a "reliable service" 80 per cent of the time on the Scarborough RT, a lower target because braking and acceleration is controlled automatically and not by TTC operators.

1 NEWS

On the web

Weighed down? Feed your head instead

Losing the battle of the bulge? Don't blame yourself, blame your brain, say doctors who are using electronic pulses to rework hunger pathways in the brain. Go online to see how neurostimulation is helping the obese lose weight.

Mobile news

A tiny blood-sucking parasite from the Caribbean has been named in honour of Jamaican reggae icon Bob Marley. Is it an homage to the singer or sly insult? Scan the code to find out more.

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Dog stolen from home, man says

Roncesvalles. Owner originally broke into B.C. animal shelter to snatch his beloved pet

Alec Armstrong claims his dog, Bear, was stolen from his porch last weekend. It's the same dog he stole from an animal shelter in B.C. two summers ago. CONTRIBUTED

In August 2010, Alec Armstrong broke into an animal shelter in Nelson, B.C., and took a black mixed-breed dog named Bear.

He had wanted to adopt the dog, but was told he first had to have him neutered.

"I had rescued him from a kennel because they were going to castrate him and I didn't believe in that," said Armstrong, a 24-year-old cook who lives in Roncesvalles.

"I hitchhiked across the country with him in the back of a pickup truck."

Three months later, Armstrong was charged with break-and-enter. He pleaded guilty in a Toronto court in July 2010 and was sentenced to one year probation and ordered to repay $233.78 to the animal shelter for the broken window. He also paid the $350 adoption fee and was allowed to keep the dog.

Bear became Armstrong's best friend and life went on.

Except Armstrong claims that Bear has now been stolen from him.

Last Sunday night, Armstrong and his girlfriend were watching Million Dollar Baby and the four-year-old Labrador/border collie/German shepherd mix was chained to the porch of the house on Indian Road, just as he normally is. All of a sudden, he was gone.

"I know he was stolen," said Armstrong, who said the dog was chained using a mountain harness that is attached with a screw.

The officer who investigated the crime in Nelson called Armstrong's dilemma "an interesting situation."

"I don't doubt that he has cared for this dog now for two years," said Const. Eric Enkirch. "On the other hand, you think to yourself ... now it's happened to him." TORSTAR NEWS SERVICE

Recovery efforts

- Toronto police say they will investigate cases of stolen dogs but it is sometimes difficult to know if the dog has simply run away. "If it's a lost dog, or a lost person, the lost person becomes more important," said Staff Sgt. Niels Sondergaard of 11 Division. "That will upset some animal lovers but that's the reality."
- In the meantime, Armstrong has set up a Facebook page to help find Bear again. If the dog was indeed stolen, he wants whoever took him to return Bear to the porch of his home.
- "He is the kindest, most loving dog you will ever encounter," said Armstrong.

Indian festival set to sizzle

Kishori, Rada and Linda from Govinda's Vegetarian Cuisine offer a sampling of traditional Indian fare at the kickoff of the Festival of India at Yonge-Dundas Square on Wednesday. Highlights of the festival include a parade down Yonge Street, from Bloor to Queen's Quay, on Saturday, followed by events at Centre Island for the remainder of the weekend.

DAVE STARRETT/FOR METRO

City commute

Road congestion down: Reports

Vancouver's traffic congestion is far worse than Toronto's and the roads in Canada's biggest city are even less clogged than they were last year, a pair of traffic surveys reveal.

TomTom, maker of in-car global positioning systems, and Inrix, maker of traffic-navigating and mobile services to analyze traffic patterns, have each released their crunched numbers for cities around the world.

In both surveys, Toronto's congestion has decreased since last year.

Still, the average GTA driver has wasted 28 hours staring closely at someone else's bumper this year, Inrix marketing manager Jim Bak told the Torstar News Service. TORSTAR NEWS SERVICE

Doherty

Cancer patient who was denied trial drug dies

Darcy Doherty's three young children will never know if an experimental cancer drug could have saved their father's life.

Doherty, 48, died in his Toronto home Tuesday after months of publicly fighting for access to a trial-stage melanoma drug.

Despite pleas from his family, his doctor's approval and a petition just shy of 200,000 signatures, Bristol-Myers Squibb repeatedly refused to provide compassionate access to its drug, saying it was not yet safe for use outside clinical trials. TORSTAR NEWS SERVICE

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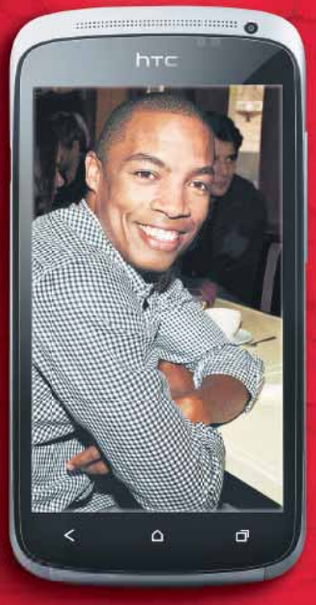

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Hazing death. Florida university president resigns amid scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's archrival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty. Their trial is scheduled to begin the same month as Ammons' resignation, in October.

THE ASSOCIATED PRESS

Sanctions rollback

U.S. set to invest in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil-and-gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions.

THE ASSOCIATED PRESS

Suicide attack

Yemeni cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, according to security officials.

THE ASSOCIATED PRESS

Americans agree: 9-11 is TV event of past 50 years

Research. Despite consensus on No. 1, men and women differ on cultural impact of other memorable telecasts

In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. MARTY LEDERHANDLER/THE ASSOCIATED PRESS FILE

The Sept. 11, 2001, terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of replayed as an historical artifact.

Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen. By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23. Young people ranked Barack Obama's Election Night speech in 2008 at No. 3, while older viewers ranked it 24. THE ASSOCIATED PRESS

Wendy Cross, shown in Atlanta on Tuesday, is out $300,000 US after bank director Aubrey Lee Price allegedly fled the country with $17 million of his clients' money. DAVID GOLDMAN/THE ASSOCIATED PRESS

U.S. bank director disappears with $17M

After penning a rambling confession to financial regulators and writing notes to his family, a south Georgia bank director boarded a ferry in Florida and disappeared.

Now local and federal investigators are trying to determine whether Aubrey Lee Price killed himself, as his lengthy confession would have them believe, or whether he slipped away with $17 million US of investors' money. His family has told authorities they believe he's dead, but federal investigators aren't so sure and have offered $20,000 for information leading to his arrest.

"I created false statements, covered up my losses and deceived and hurt the very people I was trying to help," says the confession letter investigators believe was written by Price.

Wendy Cross moved about $300,000 to Price's firm after a trusted financial adviser told her it would be a good investment. She met Price in person once. She described a very religious, soft-spoken man with a gentle demeanour and an air of kindness. "He should have won an Oscar for his performance that day," she said. "He has left a path of financial carnage."

Price left his home in south Georgia on June 16, telling his family he was headed to Guatemala for business, said Sgt. Aaron Pritchett of the Lowndes County Sheriff's Office.

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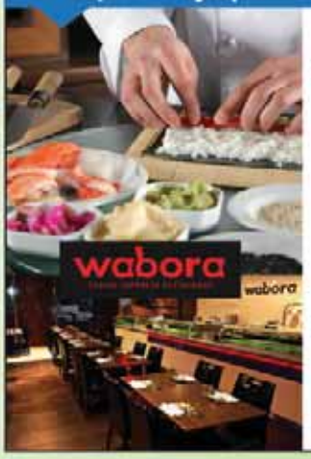

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Refuge raided. Canada geese gassed in flap over aircraft safety near JFK

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes.

But they were untouchable living on protected land belonging to the U.S. National Park Service.

That all changed Monday, said USDA spokesperson Carol Bannerman.

Armed with U.S. Fish and Wildlife permits, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

"Forty-six per cent of the strikes between civil aircraft and Canada geese occur in the summer," Bannerman said. "Eighty per cent of the strikes are with resident (as opposed to migratory) Canada geese.

"About half of these cause damage, $90-million worth over the last 20 years."

After Flight 1549 glided into the Hudson River, the USDA struck an agreement with New York City to remove Canada geese from parks and other city-owned property within an eight-kilometre radius of JFK and LaGuardia airports, expanded in 2010 to 11 kilometres.

But the U.S. Park Service resisted efforts to get at the Canada geese in Jamaica Bay, considered a prime birding spot. TORSTAR NEWS SERVICE

A true hero

One of the most famous Canada geese midair strikes produced true pilot heroism.

- **Impact.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia on Jan. 15, 2009.
- **Splash.** Capt. Chesley Sullenberger managed to glide the plane into the Hudson River and save all 155 people on board.

Zoo tragedy. Siberian tigers maul man to death — suicide not ruled out

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

The man sustained multiple bite wounds to the throat, face, chest and a thigh.

He was granted Danish citizenship last month and his family has identified him, Borg said. Police declined to release his name.

Borg said the man appeared to have entered the tiger area late Tuesday and ended up in the moat inside the enclosure.

"He was killed in the water, Borg said."

Zoo manager Steffen Straede said it was the first time in the zoo's 152-year history that such an incident has occurred.

There are no plans to reassess security or to put the tigers down, Straede said. THE ASSOCIATED PRESS

A tiger roams the Copenhagen Zoo den on Wednesday.

LINDA JOHANSEN/THE ASSOCIATED PRESS

Man arrested

One of Britain's richest women found dead

She was one of Britain's richest women, but her fortune couldn't help her beat her addiction to drugs.

And now American-born Eva Rausing has been found dead in her west London home. A man was arrested in connection with the case.

The 49-year-old man was held on suspicion of drug possession. Later, a search of an address in London's tony Belgravia neighbourhood turned up Rausing's body.

Rausing, 48, was the wife of Hans Kristian Rausing, heir to the TetraPak fortune his father built by manufacturing laminated cardboard drink containers. THE ASSOCIATED PRESS

Branson family

A space trip? That's kids stuff

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceShipTwo next year — along with 120 others.

"Next year Holly and Sam will be joining me for a first voyage into space," the thrill-seeker said Wednesday at the Farnborough Airshow south of London.

"Going into space is a hard business. It keeps my mind buzzing." THE ASSOCIATED PRESS

Just 15,000 inmates

Toews springs a jail surprise

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below estimates by the Correctional Service of Canada.

Airbrushing images

Petition to change Teen Vogue pics

Seventeen magazine promised not to alter body shapes in photographs. Now a group of teenage girls have collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images. THE ASSOCIATED PRESS

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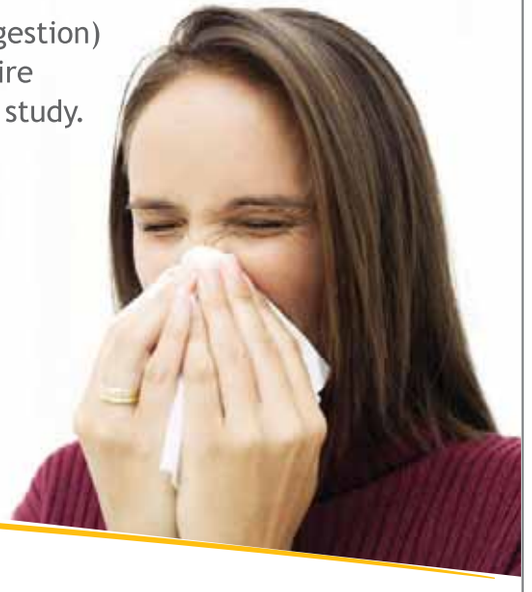

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Forced abortion

Family accepts cash settlement

The family of a woman forced to undergo an abortion because she ran afoul of China's one-child policy has accepted a cash settlement, apparently ending a controversy that caused a public uproar and embarrassed the government.

Feng Jianmei's husband, Deng Jiyuan, told The Associated Press on Wednesday that the family accepted the settlement of 70,600 yuan ($11,200 US) because they wanted to return to a normal life.

Feng was beaten by local officials and forced to abort her baby last month, seven months into her pregnancy, because she did not have 40,000 yuan ($6,300 US) to pay the fine for having a second child. THE ASSOCIATED PRESS

Wrong side of the tracks

This aerial photograph shows a derailed freight train in Columbus, Ohio. Part of the freight train carrying ethanol derailed and caught fire early Wednesday prompting the evacuation of a kilometre-wide area as firefighters and hazardous materials crews monitored the blaze. Officials said they don't know yet what caused the accident. Nobody aboard the train was injured. EAMON QUEENEY, THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Romney booed during pitch to black voters

NAACP. U.S. presidential candidate takes shots at Obama while attempting to reach out to key demographic

Quoted

"He'll be standing in that room asking people for their votes at the same time that Republican legislators are trying to disenfranchise minority communities"

Karen Finney, Democratic consultant

Republican presidential candidate Mitt Romney made a major pitch to black voters Wednesday with a heavy emphasis on the economy, but was booed when he promised to get rid of the Obama administration's health care overhaul.

"I will kill every expensive and unnecessary program I can find, and that includes Obamacare," Romney said, then waited and smiled through the crowd's disapproval.

He faced more boos when he criticized President Barack Obama, who won 95 per cent of the black vote in 2008, and expects high support again in the November election.

Republicans and Democrats said Romney was making a statement just by speaking to the oldest U.S. civil rights group. His speech tried to show independent and swing voters that his campaign is inclusive.

"If equal opportunity in America were an accomplished fact, then a chronically bad economy would be equally bad for everyone," Romney told the annual meeting of the National Association for the Advancement of Colored People. "Instead, it's worse for African Americans in almost every way."

The economy is the main issue in this year's tight presidential race. And with the U.S. unemployment rate stuck at 8.2 per cent, it is an area where Obama is especially vulnerable.

The unemployment rate among blacks is even higher at 14.4 per cent. Romney argued he's best suited to create more jobs. THE ASSOCIATED PRESS

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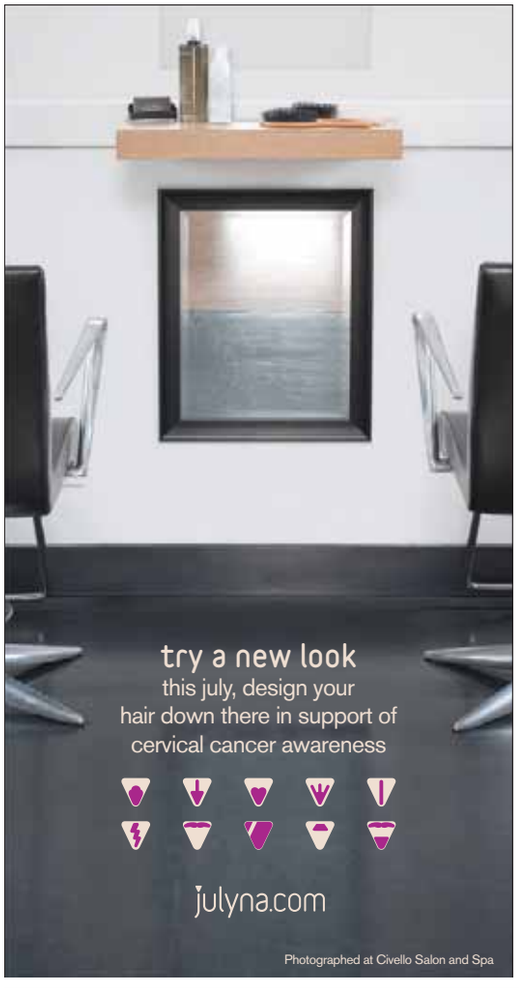
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Blue jeans going to pot

This Tuesday photo shows street-side planters in Venna Godbey's front yard in Longview, Wash. She used seven pair of old jeans to make the planters to amuse passersby. She filled the legs with straw and put planter boxes on the top. BILL WAGNER/THE ASSOCIATED PRESS

Universal Studios. U.S. theme park sued after barring amputees from ride

Universal Studios Hollywood has been sued for barring amputees from a theme park roller coaster.

The Los Angeles Times says the federal court lawsuit contends two men were kept off the Revenge of the Mummy ride in violation of the Americans with Disabilities Act.

Angel Castelan's forearms were amputated after an electrical accident as a child and Marvin Huezo's legs were amputated after a car accident.

Castelan says ride operators told him in 2010 that he couldn't ride the coaster because he doesn't have hands to grip the safety bars.

He returned to the theme park last year with Huezo and operators told them a new policy requires riders have at least one hand and one leg.

A theme-park spokesman declined comment on pending litigation against Universal Studios.

THE ASSOCIATED PRESS

Cape Cod

Shark that chased kayaker not a great white: Expert

The shark that caused a sensation when a photo of its fin slicing through the waters off Cape Cod behind a frightened kayaker was distributed worldwide might not have been a man-eating great white after all.

Massachusetts's top shark expert says the fin likely belonged to a harmless basking shark, a giant fish that feeds on nothing but plankton.

Greg Skomal of the Massachusetts Division of Marine Fisheries says the fin's shape and the depth at which the fish was swimming make him near positive it was a basking shark.

He says a basking shark's fin is more rounded at the top and basking sharks swim closer to the surface.

Of course, Skomal says, there really are great whites in Cape Cod waters.

THE ASSOCIATED PRESS

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Study. Consumer spending up in 2nd quarter, but June figures suggest slowdown

Consumer spending increased in the second quarter compared with a year ago, but figures for June point to a slowdown, according to a report by credit and debit card processor Moneris Solutions.

Moneris said Wednesday that overall, consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, of Moneris Solutions.

Economists have also been predicting a slowdown in spending as consumer debt levels are already at all-time highs.

During the second quarter, the entertainment category saw the highest increase in overall spending, up 9.43 per cent, while hotels and restaurants came in a close second.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

THE CANADIAN PRESS

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Cool cash can't handle the heat

Melting money. New polymer banknotes reportedly don't stand up to this summer's sweltering conditions

GRAHAM LANKTREE
Metro in Ottawa

Shrivelled bills were all one man found after he stored his money in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a teller at the Interior Savings Credit Union in Kelowna, says the new $50 and $100 bills are supposed to withstand boiling water, but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ont., noted that a man who stored his bills in a tin box near a heater returned the next day to find them shriveled and melted together.

"We've put these notes through a lot of testing so that they stand up to our very hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, they can have the money replaced by filling out a form on the bank's website.

The bank's new $20 note is set for release this November, Girard said, and the remaining $5 and $10 denominations will be out before the end of 2013.

Follow Graham Lanktree on Twitter @MetroGraham

San Bernardino

Another California city goes bankrupt

San Bernardino became the third California city to file for bankruptcy protection on Tuesday.

The city of about 210,000 will also become the second largest in the U.S. ever to file for bankruptcy.

Stockton, the northern California city of nearly 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3. THE ASSOCIATED PRESS

Market Minute

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Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly.

It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "no, no, no!" and staring at it really hard.

Defeated

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around The Squid From Beyond the Stars and their missiles do nothing? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hellmouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're in that sort of thing.

Every man's nemesis: The toilet. ISTOCK

This chipmunk has gone nuts

DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO

Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

Parent on his experience

- **How did this happen?** "I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."
- **Chipmunk challenge.** "Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."

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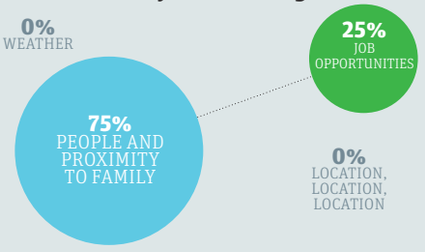

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@greg_a_elliott: "The problem with the Liberal Party of Canada is that it will never get it's head out of its past" ?#cdnpoli? ?#canpoli? ?#lpc? ?#Canada? ?#trudeau?

@mdspry: PM Harper declares Calgary the greatest city in Canada proving by scientific reasoning that it is not the greatest city in Canada. @PMHarper

@WavyDinero95: Im real happy Raptors got Kyle Lowry. Now we need to sign or trade to get an All-Star caliber Small Forward.

@Yolo_TO: Nobody can make you feel inferior without your permission.

@Rick_City: So... the Leafs alumni team could beat the current Leafs pretty badly, right?

metro

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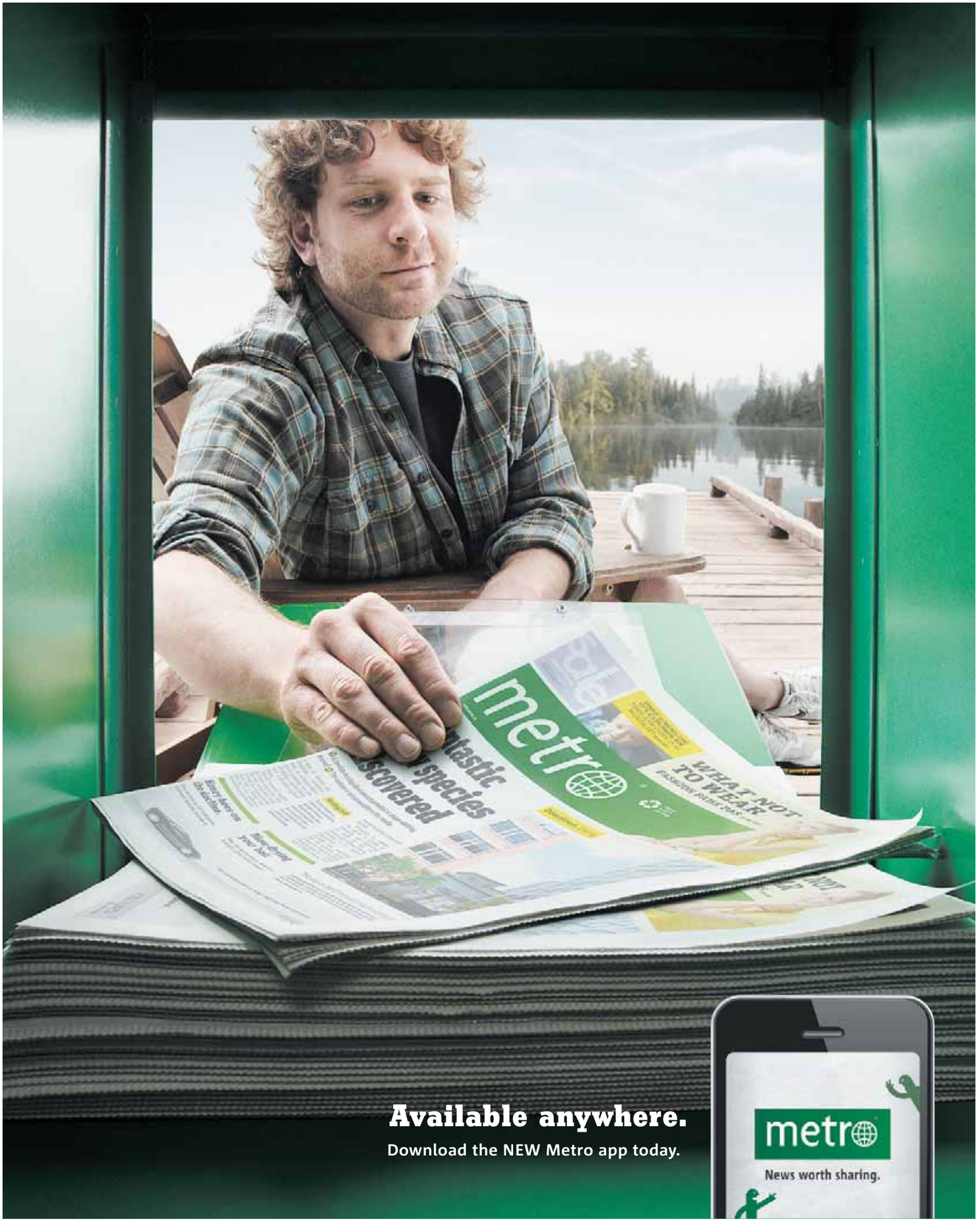

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Lego creations might be the perfect creative outlet for you. COURTESY JANEY GUNNING

Four days of Lego-lovin' fun

Brickfête. Think you're the only AFOL (Adult Fan of Lego) out there? Meet kindred spirits at convention this weekend

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

There comes a time in everyone's life where toys are abandoned. For most, this transition is called "growing up." But for those who consider themselves AFOLs, or Adult Fans of Lego, it's a period known simply as the "dark ages."

"You discover girls and you put Lego by the side," says Chris Magno, self-described AFOL and co-founder of Brickfête, this weekend's AFOL convention. "You start to live your life."

But then Lego, a Dutch system of interlocking bricks, is no regular toy. The smiling mini-figures might entice children to play in their plastic world, but imagination, something that you never grow out of, helps create that world.

Magno, who has a Lego tattoo on his arm, rediscovered "the brick" while in university after a girlfriend gave him a set. "It was a way to be creative and use my hands." By the mid-'90s he had found like-minded types online.

"I thought I was the only adult asking for Lego for birthdays and Christmas."

His partner, Janey Gunning, started attending AFOL events in the States, but there were no Canadian equivalents. So the pair launched Brickfête last year as a way to get other AFOLs into one room to show off their creations, and talk Lego.

"It's an opportunity to leave the basement," jokes Magno. "Everywhere you turn there will be Lego."

Brick is often substituted for the Lego brand name at these events for legal reasons, but like most subcultures (Trekkies come to mind) it's just one of many pieces of nomenclature that make up the AFOL lexicon; LUG refers to Lego User Groups, the Ontario Brick Builders is an umbrella organization for Ontario-based LUGs and partners who don't fall into the AFOL category are called non-Lego significant others.

"Everyone has a hobby," says Magno. "Ours just happens to be LEGO."

Brickfête runs July 12 to 15 at the Hilton Toronto Airport, 5875 Airport Rd. $5 to $10.

Free programs

Computer-assisted Lego designs

For those people too cheap or too fearful of the social stigma to build their own collection of plastic bricks, there are now Lego-based computer-assisted design programs that allow you to simulate projects on your computer. Some, like LDraw, are open source, while Lego has released its own Digital Designer version. Both versions are free. Those looking to recapture the creative glory of their youth would be best served by bricklink.com, a one-stop eBay-esque shop for all things Lego, where AFOLs both new and experienced can pick up their favourite sets or that one missing piece.

2

SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips. THE ASSOCIATED PRESS

On the web

Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

Filmmaker dares to be wild with 'Beasts'

Beasts of the Southern Wild opens Friday. HANDOUT

Beasts of the Southern Wild.
Benh Zeitlin takes an unconventional approach to producing his latest film

ADAM NAYMAN
scene@metronews.ca

No American independent film has landed this year with the impact of Beasts of the Southern Wild, a crowd-pleaser about a six-year old girl named Hushpuppy (newcomer Quevenzhane Wallis) riding out a natural disaster in the Louisiana bayou.

What's struck many critics about the film is its blend of offhanded fantasy and gritty realism — an unlikely combination that writer-director Benh Zeitlin says comes naturally.

"My head always goes to fables and myths," says the 29-year-old filmmaker, who not only wrote and directed Beasts but also helped to compose its soaring musical score.

"Those are the stories I grew up with.

"But I'm most interested in people. My favourite movies are ultra-realist ones. I'm interested in both things, and Beasts was about trying to marry fantastical elements with very human characters."

As unusual as Beasts' style may be, the circumstances of its production are even more unique.

Like Zeitlin's award-winning short Glory at Sea, the film was produced with the Louisiana-based filmmaking collective Court 13, which stresses a collaborative, all-hands-on-deck approach. (Zeitlin was one of the co-founders).

"I think New Orleans is ideally suited for that sort of thing," says the director.

"Creativity is so much a part of the culture.

"We're making stuff by hand, everybody wanted to help. It was through making the short, meeting people, casting people in bars, that you end up with a community that grows and grows."

Some have been quick to point out that Zeitlin, who is based in New York, is not a part of that community but he says that he was quickly welcomed with open arms.

"Filmmaking is an amazing tool to get to know places and people," he says.

"It has this unparalleled ability to open doors.

"The very first time I got down there, there's some culture shock, it's a very territorial place and there's some culture shock ... but as it goes on it gains its own gravity and synergy.

"It attracts people to doing something wild and creative."

Quoted

"Filmmaking is an amazing tool to get to know places and people. It has this unparalleled ability to open doors"

Filmmaker Benh Zeitlin on working in film in New Orleans

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Tatum teaser

Magic Mike the musical?

After being rather exposed in Magic Mike the movie, Channing Tatum is teasing his audience with the possibility of Magic Mike the musical. The 32-year-old is working on plans to turn the big screen stripper story into a theatre production. Tatum, a former stripper himself, says he hasn't "cracked what the actual show is" yet, but the one thing he knows is that he wants the musical version to be "very interactive." The film, directed by Steven Soderbergh, is about the exploits of a group of male strippers at a club in Tampa, Fla.

THE ASSOCIATED PRESS

Hunger Games

Triology to wrap in two-part finale

The final book in The Hunger Games trilogy is coming to the big-screen in two parts starting in 2014. Lionsgate Films announced Tuesday that The Hunger Games: Mockingjay, Part 1 will be released Nov. 21, 2013, and The Hunger Games: Mockingjay, Part 2 will follow on Nov. 20, 2015. The filmmakers are following the lead of two other teen-based literary franchises, Harry Potter and Twilight, whose final books were broken into two parts for film. Mockingjay, Part 1 will come out a year after the Nov. 22, 2012, release of The Hunger Games: Catching Fire. THE ASSOCIATED PRESS

End of a career.
Peter O'Toole retires (Oscar-less) from acting

Peter O'Toole, who turns 80 on Aug. 2 , says he no longer has the heart for show business.

THE ASSOCIATED PRESS

Peter O'Toole is retiring from show business, saying he no longer has the heart for it and that it's time to "chuck in the sponge."

O'Toole, who turns 80 on Aug. 2, said in a statement Tuesday that his career on stage and screen fulfilled him emotionally and financially, bringing "me together with fine people, good companions with whom I've shared the inevitable lot of all actors: flops and hits."

"However, it's my belief that one should decide for oneself when it is time to end one's stay," he said. "So I bid the profession a dry-eyed and profoundly grateful farewell."

In retirement, O'Toole said he will focus on the third volume of his memoirs. An eight-time Academy Award nominee who never won Hollywood's top acting honour, O'Toole shot to screen stardom 50 years ago in the title role of Lawrence of Arabia, which earned seven Oscars, including best picture and director for David Lean.

O'Toole's grand performance as British adventurer T.E. Lawrence brought him his first best-actor nomination but set him on an unenviable path of Oscar futility. His eight losses without a win is a record among actors.

THE ASSOCIATED PRESS

Last weekend, pop queen Katy Perry got the documentary treatment with the opening of Katy Perry: Part of Me. Although more suggestive than her Disney Channel counterparts (The Jonas Brothers, Miley Cyrus/Hannah Montana) or Justin Bieber, Perry joins the ranks of musicians popular with tweens and teens to be sanctified on the silver screen through a biopic/documentary. Earplugs in place, we take a look at these behind-the-scenes tales of a pop sensation's life on the road.

KILLIAN YOUNG
Metro World News in New York

Music biopics fit for a tween

Hannah Montana & Miley Cyrus: Best of Both Worlds Concert Tour (2008)

Most ridiculous part: A father with two daughters wears a platinum Hannah Montana wig and says, "I didn't expect so much screaming." A 14-second screaming montage follows.

Song that's just as good or better than the original: Miley Cyrus (as herself) performs The Best of Both Worlds — the theme to her TV show — along with her alter ego, Hannah Montana, who is digitally rendered on a large screen. It's surprisingly moving.

Part where the artist seems most human: When Miley Cyrus is dropped during a stunt at one of the shows and voices her concern later in practice, the viewer realizes that at the start of her Best of Both Worlds Tour, Cyrus was only a 14-year-old girl on a 54-city tour of the U.S.

Jonas Brothers: The 3D Concert Experience (2009)

Most ridiculous part: In the opening scene, the band's van gets stuck in traffic on the way to the Today show in New York City. Within seconds, the JoBros are mobbed by a mass of screaming teenage girls.

Song that's just as good or better than the original: During That's Just the Way We Roll, the first live song in the film, the band is aided by an orchestra and some intense pyrotechnics in front of a sold-out crowd.

Part where the artist seems most human: After bodyguard "Big Rob" Feggans wakes up the brothers at 4:30 a.m., they eat breakfast together in their hotel room. Joe Jonas starts to shake the table while yelling, "Earthquake!" It initiates some good-natured ribbing among the three brothers.

Justin Bieber: Never Say Never (2011)

Most ridiculous part: Bieber grew up playing drums, and in a home video (in which he wears his trademark backwards fitted hat), he throws down a sick beat.

Song that's just as good or better than the original: When he performs One Less Lonely Girl, Bieber's staff brings one girl from the crowd onstage. Once in front of the crowd, the Biebs serenades the girl while gently caressing her. At the end, he gives her a bouquet of flowers. Aww.

Part where the artist seems most human: Home footage seems to serve as the harbinger of Bieber's musical career — as a toddler he effortlessly lays down a beat on a conga drum and strums a guitar that is much too large for his tiny frame.

Katy Perry: Part of Me (2012)

Most ridiculous part: Katy Perry's older sister makes an appearance as Perry's nerdy alter ego, Kathy Beth Terry — complete with headgear and braces — from the video for Last Friday Night (T.G.I.F.).

Song that's just as good or better than the original: Katy Perry runs through numerous costume changes throughout a performance of Hot N Cold. This occurs on a colourful, Candy Land-esque stage that might give you a cavity just by looking at it.

Part where the artist seems most human: Perry struggles with the decision to perform or cancel a gig in front of her largest crowd in Brazil while in the midst of a breakdown due to her divorce.

L.A.'s Outfest hits the big 3-0

Film festival. Plenty of galas, parties and films planned to mark milestone anniversary — here's a peek at what's in store

NED EHRBAR
Metro World News in Hollywood

Outfest, the premiere Gay & Lesbian film festival in Los Angeles, hits a milestone this year, celebrating its 30th birthday. The big 3-0 means more galas and parties, more films and much more celebrating. The festival kicks off with a gala screening of Vito, a poignant documentary about activist and the Celluloid Closet author Vito Russo, and the honoring of director John Waters with the festival's Achievement Award. Outfest runs July 12 through July 22 at various locations in Los Angeles. Here are some of the highlights.

Struck by Lightning
Glee star Chris Colfer gets the overachiever award for serving as star, screenwriter and executive producer of this darkly comic take on being an outcast in high school. The Golden-Globe-winning wunderkind will be on hand for the festival's Closing Night Gala presentation of the film.

Young & Wild
This frank and fearless look at young lust comes direct from Chile, following a sex-obsessed teenager (Alicia Rodriguez) as she defies her evangelical family and blogs about her exploits, has already garnered rave reviews and awards from its premiere earlier this year at Sundance.

Thure Lindhardt JEAN-CHRISTOPHE HUSSON

Keep the Lights On
Writer-director Ira Sachs' starkly beautiful indie picked up the Teddy Award for Best Feature at this year's Berlin Film Festival for its depiction of modern love and addiction in New York between two men over nearly a decade.

Happy Endings
While not actually a film, this one's worth lining up for: Outfest will play host to the premiere of an unaired episode of ABC's hit comedy Happy Endings, with a cast and creative team Q&A session immediately following.

Q&A

Hansen's fest views and history

Director Jim Hansen and performer Drew Droege have created on online sensation with the series Chloe, lovingly lampooning indie film star Chloe Sevigny and pretension in general. Hansen is a long-time friend of the festival, so it only seemed natural for him to create some special, Outfest-specific Chloe clips, including a pre-screening warning about silencing cell phones — or "murdering" them, as Chloe says.

How long have you been involved with the festival?
This will be the fourth year that I've had something in the festival. Last year I had some Chloe videos and a short film called Video Night, and a short called Pretty Parts the year before that. It was just as Chloe was getting popular and Drew was awarded the emerging artist award.

With the mainstreaming of gay culture, is it still important to have festivals like this?
I definitely think that Outfest and festivals like it serve a special role. It is a place to see films that you may never otherwise get to see because they don't have a mass mainstream appeal. It also supports those filmmakers to explore those new areas. It gives credibility to these films that might otherwise be overlooked and disappear.

Now that Outfest is over 30, should it start lying about its age?
I think the grey hair and fine lines will look great on Outfest, so why lie?
NED EHRBAR

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Neon Trees singer gets used to 'the taste of fame'

New album. Much of Picture Show's material explores escapism themes and how being a celebrity can swallow you up

KILLIAN YOUNG
Metro World News in New York

Neon Trees exploded onto the music scene with Animal, the catchy dance rock track that earned them the 2011 Billboard Award for Top Alternative Song.

When asked if he expected this sudden surge in popularity, singer Tyler Glenn flatly says no.

"At the same time, I never think that we're bigger than we are," he said. "

I'm almost self-deprecating to a fault, and sometimes don't allow myself to realize how big we've gotten to some people."

Glenn says this struggle helped inform Neon Trees' latest, Picture Show, which came out in April.

He says the album deals with "experiencing the taste of fame and how it can really swallow you up if you want it to."

"All the songs that I was writing about for this record were about escape," he explains.

"I like the way I feel when I go to see a movie, seeing someone else's life for two hours."

For Neon Trees, they were able to capture the sounds of this escapism by working in Los Angeles.

"We created and recorded the record in Hollywood, and every day walking to the studio, I saw the Hollywood sign," Glenn says.

"It's interesting how it's changed for me. I used to fear it and hate it, and I think in the last couple of years, getting to know the city more ... it's really a magical city." Glenn credits his musical mentors for helping him strike the delicate balance of dealing with popularity.

He says he learned from singers of bands the Trees have opened for, notably 30 Second to Mars' Jared Leto, whom Glenn calls "an actual, passionate, real frontman."

Glenn's sense of identity is taking shape: "I'm always pushing that mantra or motto that fame is dead — the idea of fame shouldn't be an end goal, but it should be a byproduct of your success and your passion."

Quoted

"I'm always pushing that mantra or motto that fame is dead."

Tyler Glenn, Neon Trees singer

Chris Allen, left, Elaine Bradley, Tyler Glenn, and Branden Campbell of Neon Trees. CINDY ORD/GETTY IMAGES

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Directing Walter White towards his dark destruction

Breaking Bad.
Cranston returns to helm AMC's leading drama series in the fifth season of teacher turned drug kingpin

Bryan Cranston will sit in the director's chair one last time for his AMC drama Breaking Bad.

In an interview Tuesday, Cranston said he will direct the ninth episode of the show's fifth and final season, which begins July 15 and will air split over two summers.

That break in filming gives the actor time to put on his directing hat before the second half airs in 2013.

"As an actor on the show it's really, really difficult — if you're in it a lot obviously — to be able to prep so I take opportunities before we're actually in production shooting," he says.

Bryan Cranston as Walter White, right, and Aaron Paul as Jesse Pinkman in Breaking Bad.
URSULA COYOTE/THE ASSOCIATED PRESS

Cranston, who won three back-to-back Emmys for Breaking Bad, also directed the first episodes of seasons one and three of the dark series about chemistry teacher Walter White, who turns to cooking meth to help support his family after he's diagnosed with terminal lung cancer.

The actor also directed an episode of ABC's Modern Family and seven of his former Fox comedy Malcolm in the Middle.

Cranston says in season five viewers will see an increasingly remorseless Walter White complete his journey from a hapless high school teacher to a full-fledged drug lord.

"He's feeling very basic things: control, power, dominance. Those things and those ugly factors have come to the surface."

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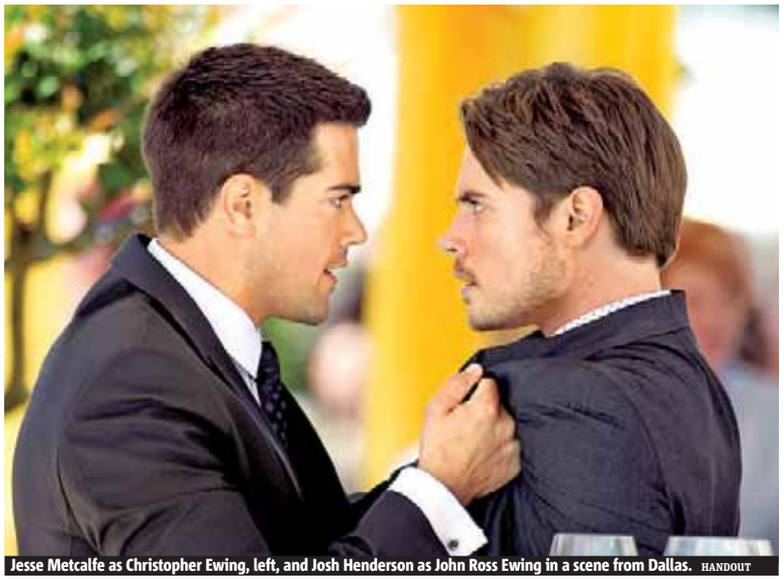

Jesse Metcalfe as Christopher Ewing, left, and Josh Henderson as John Ross Ewing in a scene from Dallas. HANDOUT

Dallas blurring line between what is right and wrong

Nuanced. Actor who plays adopted son on hit remake born in same year original premiered

If anyone knows camp and high drama, it's soap opera veteran Jesse Metcalfe.

But the hunky alum of over-the-top serials Desperate Housewives and Passions says the days of outrageous histrionics are behind us.

Now TV is ready for a more grounded take on sex, duplicity and dirty dealing, he says, noting that his latest nighttime serial Dallas plays the genre pretty straight.

"And I love that about our show. It's relatively grounded," Metcalfe says during a recent stop in Toronto to promote the return of the '80s smash. "Obviously, at times it's a bit of a heightened reality but it's a straight-forward family drama. And we like to think it's part of the resurgence of the nighttime drama away from all this reality television. A movement more towards scripted television."

The 33-year-old Metcalfe – who was born the year the original Dallas premiered – says the tongue-in-cheek camp that took hold over the last decade has run its course.

"I think that pendulum is definitely swinging back towards a more grounded, more serious tone. People certainly get enough of that in reality television so if you're looking for another option hopefully the new Dallas can fill that void," says Metcalfe, who plays adopted son Christopher Ewing alongside returning originals Patrick Duffy as the principled Bobby and Larry Hagman as the scheming JR.

Metcalfe, whose character continues to pine for his first love Elena (Jordana Brewster), says he likes that most of the characters here are not so black-and-white.

"There's a lot more grey area there, you know. The line between right and wrong, and good and evil is a little less defined," says Metcalfe, whose character is pushing the family business into green energy initiatives.

Metcalfe was born in 1978 — the year the original series premiered — and turned to old episodes of the series to get to know the work of his new co-stars, Duffy, Hagman and Linda Gray (who returns as a more polished, independent Sue Ellen).

Metcalfe says it was important to him to get a sense of tone, a flavour for what the show is really all about.

"In a lot of ways, it's the same show — the themes that were at the heart of the original series are very much the same themes running through the new series," he says. "It's about ambition, greed, loyalty and betrayal, it's about the interpersonal relationships in this dysfunctional family."

He notes that Dallas basically films on a working ranch filled with horses and cattle. It's also a favourite tour destination for hardcore followers of the original series who occasionally turn up while shooting takes place.

"A lot of times you'll be shooting a scene with an audience," says Metcalfe. "I'm hoping that the new series takes hold just as much as the original one and hopefully we can continue in the tradition of the original series and have another television phenomenon on our hands."

THE CANADIAN PRESS

Intrigue

As dramatic, scandalous as ever

Just three weeks into its 10-episode summer run, word came that Dallas had notched enough of a following to warrant a second season.

So far, the Ewing clan has rolled out its fair share of drama: Christopher has just learned his new bride (Julie Gonzalo) and her brother are gold-diggers, greedy cousin John Ross (Josh Henderson) is trapped in a deal rapidly heading south, Bobby just learned JR has hoodwinked him out of protecting the future of Southfork, while Bobby's wife Ann (Brenda Strong) appears to be hiding a dark past of her own. Dallas airs Wednesdays on Bravo.

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Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to Us Weekly.

"They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The L.A. Times reports that Holmes used a disposable cell phone provided by a friend to plot her divorce escape.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could do or what its potential is, because I can't really get everywhere," the drummer tells Red Bulletin magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.

Twitter

@BetteMidler
Why does every girl in TopShop look exactly alike? What am I doing in TopShop?

@russellcrowe
did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups,prone hold 30 secs etc, only takes 6 or 7 minutes but it got me

@ElizabethBanks
My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" ◙#bestkidever◙ ◙#mademyday

@SethMacFarlane
Wanna just get away from it all. Which campground gets the best iPhone reception?

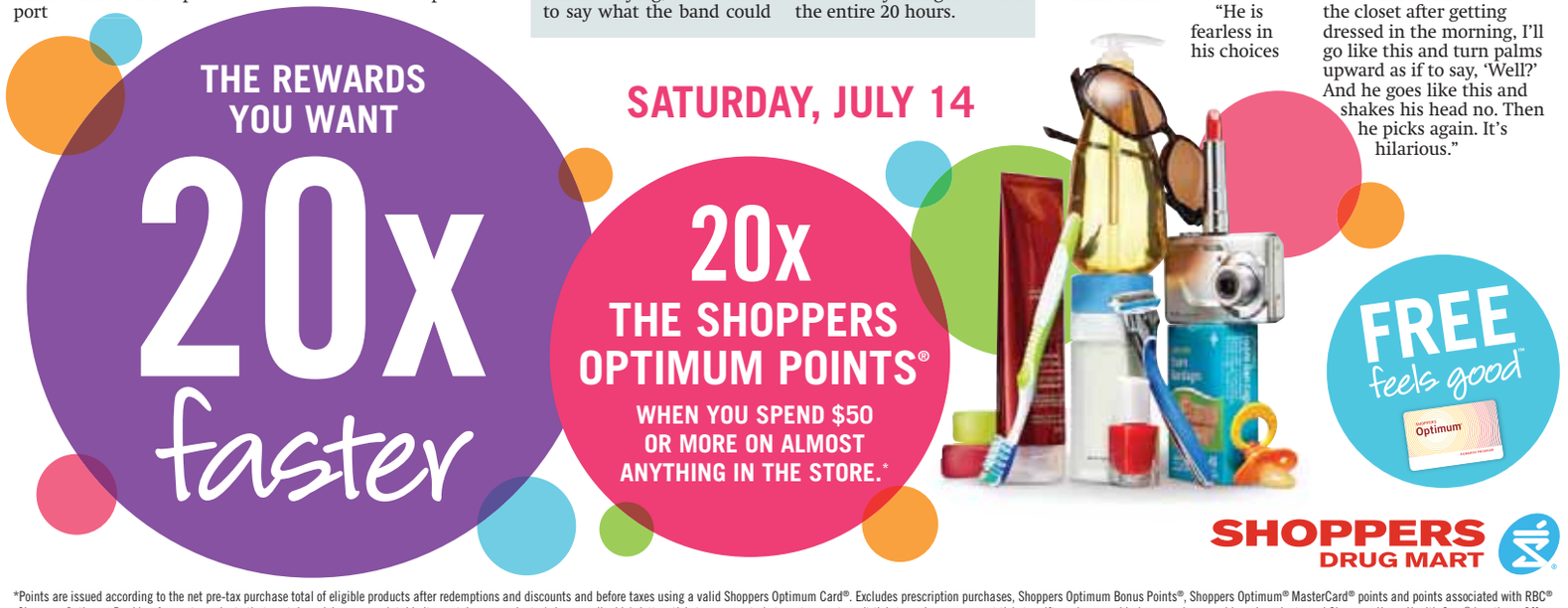
Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices and has a real eye for design. And I'll be honest: He has better taste than I do," she tells InStyle.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."



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Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghastly? No, captivating. Similarly red, the most evocative of colours was used to great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.

Gucci CONTRIBUTED

Dolce & Gabbana CONTRIBUTED

Louis Vuitton CONTRIBUTED

Emporio Armani CONTRIBUTED

Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.

Acne / CONTRIBUTED

Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself. She will also curate collections in-store and online. "I get my own section, I got to pull my own clothes. Girls can go and see what I love and what I wear in the shoots. It's a way for me to be in touch with girls," Moretz said in a recent phone interview. Moretz starred in Hugo and The Amityville Horror and has the title role in the upcoming remake of the horror classic Carrie.

THE ASSOCIATED PRESS

On the Web

Cowboy hats on royal heads bring Calgary company booming business

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: Dig these jewel encrusted UGGs, at Pretty You in Monaco... Ready for the cottage!

@Jeanne_Beker: The view from my room in Beaulieu sur Mer. Bliss!

The Kit

Canadian street style

Spotted in: Halifax

Meghan Tansey Whitton

Photographer, Street Style Blogger at Fashion East

Age: 32

What she's wearing:
Cheap Monday jeans, La Senza lace top, vintage shirt, purse and combat boots

Her inspiration:
"Eclectic, and there's always some androgynous element. I like to mix femininity and androgyny."

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CELIA MOASE, CELIASPHOTOGRAPHY.COM

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METRO CUSTOM PUBLISHING

ADD A LITTLE COLOUR TO YOUR WEEKEND

Roll down the windows on a summer's drive through nearby Cobourg (only 60 minutes east from the GTA), and you might think you're in France, thanks to Scott's Barn on Melean Road.

Scott's Barn grows 16 varieties of lavender, all with distinctly different colours, tastes and wonderful smells – and is the site of this weekend's Lavender Festival.

Tour the fields in bloom and sample fragrant, culinary treats such as lavender lemonade, cookies, goat cheese and their famous lavender ice cream. There's even lavender beef from neighbouring Hoskin Farm. Down the road in Grafton, Cuttle Cottage is also in full purple splendour.

From lavender to Lindsay, the Lindsay Country Music Jamboree at the Agricultural Society Grounds is sure to sound the right note this weekend. Starting Thursday, day passes and campsites are available for live performances by acts and entertainers including Montana Sky, Stompin Jon, Mahogany Ridge, and The Tonettes.

If your idea of camping includes comfortable beds and a hot shower, check into one of the area's many places to sleep like the Saucy Willow Inn or the Royal Resort.

And to add some culture to your country getaway, stop at the Lindsay Gallery Annual Juried Show. This annual competition showcases outstanding work by local artists.

Whether your weekend plans include flowers, fiddlers or fine art, come to the region that has it all – Peterborough, Kawartha Lakes and Northumberland.

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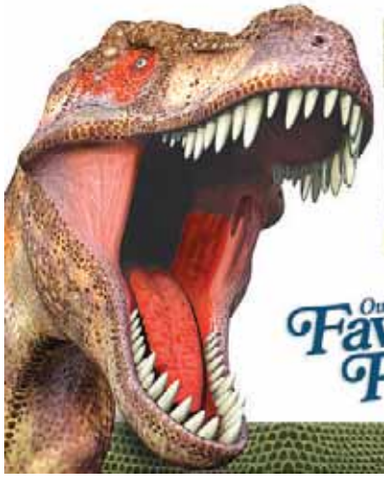

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 28

Tuna, salmon and crabmeat combine to make diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book The Kitchen Diva's Diabetic Cookbook. "Imitation crabmeat, canned tuna, or salmon all make delicious seafood burgers, and are a healthy source of omega-3 fatty acids. Try a combination of all three for a tasty treat."

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced

This recipe serves six. THE CANADIAN PRESS H/O

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), egg, bread crumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into 6 patties.

2. Refrigerate for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

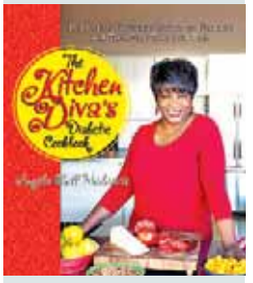
4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' THE KITCHEN DIVA'S DIABETIC COOKBOOK, ANDREWS MCMEEL, 2012

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book The Kitchen Diva's Diabetic Cookbook.

Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more.

You'll find recipes featured on The Dr. Oz Show such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met.

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2012 Chevrolet Sonic Sedan LS R7A. ‡0%purchase financing offered by GMCL for 84 months on 2012 Chevrolet Sonic Sedan LS R7A. O.A.C. by TD Auto Finance Services. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $15,975 with $0 down payment. ▼Based on a 48 month lease for 2012 Chevrolet Sonic Sedan LS R7A. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $9,899. Option to purchase at lease end is $6,076. Excess wear and tear and km charges not included. Other lease options available. ⁺/‡/▼Freight & PDI ($1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. Δ2012 Chevrolet Sonic equipped with standard 1.8L ECOTEC I-4 engine and 5-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2012 Fuel Consumption Guide. Your actual fuel consumption may vary. ©For more information go to iihs.org/ratings. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ®Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. ††2012 Sonic Sedan LTZ, MSRP with freight, PDI & levies $22,134. Dealers are free to set individual prices. **Vehicle specifications and interest rate and purchase finance term based on information on the manufacturer's website ad at time of posting for the 2012 Chevrolet Sonic LS, 2012 Ford Fiesta S, and 2012 Hyundai Accent L all models with 6 Speed Manual.

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Frivolity meets function

Noir, Menkes' latest condo residence, is ideally situated in downtown. HANDOUT

Meet the condo

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- **Location.** 87 Peter Street
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The project overview

Noir straddles the imaginary divide between finance and frivolity. Forty-eight floors and 585 elegant suites embody personal style, designed by Core architects and Mike Neven interior design. Tentative occupancy is planned for November 2016.

Location and transit

Options include the King and Queen streetcar lines; it's a short walk to the University subway and within walking distance to the downtown core. For commuters, the nearby Lake Shore Blvd. and Gardiner Expressway quickly gets you where you need to go.

In the neighbourhood

If you're looking for downtown, this is the best of. Nestled between Toronto's fashion district and the entertainment district, this colourful, vibrant and walkable community has dining, eclectic shopping, bars, bands, live theatre and services.

Building amenities

Facilities include a gym and yoga centre, a water spa with water massage beds, water walls and coed steam room. There's a theatre lounge, a party room with bar, a billiards and games lounge, and a dining room that closes off for private functions.

DUNCAN MCALLISTER

Five-year mortgage rates

FIXED		VARIABLE
5.24%	BMO	3.10%
5.24%	CIBC	3.20%
5.24%	HSBC	3.10%
3.34%	ICICI	N/A
3.29%	ING	3.00%
5.24%	RBC	3.20%
4.99%	SCOTIA	3.10%
5.24%	TD	3.20%
5.24%	NATIONAL	3.20%
2.99%	BROKER	2.80%

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Rooftop surfing

Toronto climbs ranks of liveability index

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) and can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

Those that know me well are aware of my passion for travel. I've visited 44 countries so far and while each of them has its own charm, it's always nice to come back to my GTA-based home.

So when I heard Toronto scored eighth out of 70 cities in the Spatially Adjusted Liveability Index, I was intrigued.

The study has selected our city as the sole North American representative to join the Top 10 places to live — a list that includes the likes of Hong Kong, Sydney and Berlin.

My curiosity led me to research the criteria upon which this study is based.

The results, it turns out, were calculated by analyzing seven new indicators related to "spatial" qualities of a city: green space, pollution, connectivity, isolation, natural and cultural assets, as well as sprawl.

Toronto scored the highest marks in the first three categories, given its fair amount of green space and lack of pollution, combined with ease of travelling to almost every point on the map.

This study recognizes the immense progress that our city has made over the years, and I like to think the building and development industry was a significant contributor to this accomplishment.

Our industry employed approximately 193,300 people in new home construction, renovation and related fields in 2011, equalling $10.1 billion in paid wages. As a results, we saw 41,292 new housing starts last year alone, which is key to the economic development of emerging communities that help the GTA grow.

The growth of these communities is carefully planned and regulated by working together with our partners in various levels of government, ensuring a balance in housing types to keep the market stable and affordable.

Look no further than the 905 regions where plans for high-rise construction around future transportation corridors are being designed to meet the 40 per cent intensification target set by the Greater Golden Horseshoe Growth Plan.

Our members build more than great homes, they build great cities. I look forward to the next study, particularly to see Toronto climb the ranks even higher.

What's hot on the condo market?

DUNCAN MCALLISTER

1. Xpression Condos

Xpress yourself

Grand opening in Richmond Hill: Head up to 9471 Yonge St. on July 14 from 11 a.m. to 5 p.m. Call 905-237-7810 or visit xpressioncondos.com

2. Corktown Lofthouses

Loft living

Open house launch: Check it out at 510 King St. East, Unit 102, July 14-15 from 2 p.m. to 4 p.m. Call 416-690-2988 or visit corktowndistrict.com

3. Birkdale Condos

Head east

New release event: Check it out at 1051 Ellesmere Road, July 14, 11 a.m. to 5 p.m. Call 416-495-3526 or visit monarchgroup.net

4. Pemberton's Vivid

Open house

Special amenities showcase: Head to 9 Michael Power Place near Bloor and Islington, July 14-15 from noon to 4 p.m. Call 416-239-8200 or visit vividcondos.com

Pop-ups and parties are creating condominium buzz

Condo trends. From public art to dance parties to fashion shows, special events help developers make their buildings stand out

DUNCAN MCALLISTER
life@metronews.ca

109OZ Lofts holds a pop-up urban garden at its presentation centre. SUPPLIED

They seem to be popping up all over town. You see them in parking lots, public parks and presentation centres.

Condo special events are a new trend that developers are using with the goal of engaging the public. With so many new condo openings, developers are seeking out new and innovative ways to get the public to take notice and to differentiate their buildings from the rest.

From public art unveilings, dance parties and fashion shows, to poetry readings and market gardens, developers have been busy this year staging numerous events.

This spring, 109OZ Lofts hosted a number of pop-up urban garden centres at their presentation centre on Ossington Avenue. Experts from across the city offered free workshops and lectures on new trends in the rapidly growing urban farming movement.

And in a revitalized Regent Park, the Daniels Corporation has done much to reshape the fabric of the neighbourhood. At its latest event, about 100 people showed up to the parking lot of the Paintbox Condos presentation centre to enjoy a screening of the Euro 2012 Cup final. Organized by the local Regent Park sports club, the Spain and Italy match was televised on a huge TV and sound system.

"In Regent Park we've got a diverse community there. We've got rental housing as well as condos and it really brings the whole community together," says Dominic Tompa, sales manager for all of Daniels' Regent Park developments.

A pop-up event for Picasso condos hosted by the Monarch Corporation. SUPPLIED

The Paintbox condominium puts its stamp on Regent Park. SUPPLIED

Streetcar Developments recently held a pop-up event for their Carnaby lofts. So what exactly is a pop-up event? Jeff Schnitter, principal with Seven Haus Design, says the idea originated in New York.

"It's a really interesting kind of trend. Basically, a pop-up shop is a retailer that will come into a space that isn't your typical retail storefront and they'll do a sale that would just pop up out of nowhere essentially."

The Monarch Corporation recently hosted a pop-up event at its ultra-modern downtown sales centre for Picasso condos. About 150 people attended a mash-up of condo sales and designer eyewear.

Mirella Sarrapochiello, director of sales and marketing, explains that "Cutler and Gross are launching a new line and they wanted to showcase it, so we thought it was a great mix for both. We get new people into our sales office and they were able to show their new product."

New mortgage

Why do I need home insurance?

I am purchasing my first home and my lawyer has indicated that I must have home insurance, and proof of this, before the closing date. I realize that insurance is a good thing, but why would my lawyer be insisting that I have insurance to cover an asset I am buying and I suppose is at my risk?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

The answer to your question is fairly simple: It's not your lawyer that is insisting on the insurance, it's the bank.

When a financial institution lends you money for a mortgage, it wants to know that its collateral is protected. In the insurance policy, there needs to be an indication that the bank is the loss payee.

Basically, this means that if the house burns to the ground or is somehow greatly damaged and the owner decides not to rebuild for some reason, that the bank will be repaid its funds by the insurance company.

Aside from having insurance for your contents, it's always prudent — and with a mortgage mandatory — that you have replacement cost insurance on the structure of your home. Plain and simple.

Ironing

Beat linen woes with this combo

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best way to do this as easily and effortlessly as possible?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Whether you should iron your linen is a personal fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear.

Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.

In order to iron successfully, you need a combination of heat and humidity. ISTOCK IMAGES

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Interiors that truly blossom

Decor. The floral trend is budding. We chat to an expert about how to prune the look to perfection

RICHARD PECKETT
life@metronews.ca

Living amongst the flowers is seeing a resurgence. No, this isn't a hippy revolution but it is in fact the return of the floral trend.

The reputation of florals as a viable interior décor has been sullied over the years for being too twee and frankly something that's best left in the rose bed. That said, the look has bloomed recently with modern styles available in abundance.

However, to avoid being overawed by the trend, interior designer Rosemary Ridgway offers some timely advice.

Avoid a festoon of florals

Ridgway says, "Using them as accents rather than emblazoning florals across sofas is rather dated. In two years you would look back and think what did I do that for?"

To avoid living in a flower garden, the alternatives include accessories such as cushions or faux/real flowers because let's be honest, nothing beats the genuine article.

Growing up the wall

"Living in a completely floral room would give you a headache — you'd probably need a pair of sunglasses," jokes the designer.

Ridgway continues, "It's never been a great love of mine but I would possibly do a feature wall. Blossom and tendrils in an entrance hall can look particularly dramatic."

Incidentally, the expert explains that designers first used feature walls when they lacked a substantial enough budget to paper all the walls.

Be bold

The spring/summer '12 women's runways were teaming with graphic florals and interior styles have followed suit.

"But of course, the fashion and interior industry are very much harnessed together — I see myself wearing and accessorizing homes in a similar aesthetic," explains Ridgway.

Now's the time to be brave with colour and as the designer states, "I'm working with bolder blossoms and oversized prints and sometimes clients can be a little overwhelmed at first but in my opinion the bolder the better."

Florals aren't just for girls

"Monochromatic colour schemes can work. I've worked with acanthus leaves and Rococo scrolls which are both quite soft but they're still quite masculine elements," says the founder of April Hamilton architectural and interior designers.

This may be a little Grecian for most men's tastes but there's an alternative. You could add topiary or woodland prints in sepia or black for a modern take.

OK, it's not strictly floral but it can work well as an architectural feature in the bedroom.

Bedding down under blossom. APRIL HAMILTON ARCHITECTURAL & INTERIOR DESIGNERS

In full bloom. FARROW & BALL PEONY

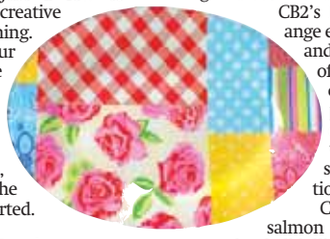
Amongst the lilies. COLE & SON LILY

Hot decor for summer shindigs

Cocktail parties.
From South Beach serveware to rustic-rock centrepieces, there's tons goods to make your soirée a success

Ah, summer. There's something about these warm, languid days that makes many of us want to throw together a little gathering.

Picking a cocktail party theme makes planning the menu and decor more fun. Here are just a few to get your creative wheels turning.



Invite your favourite people, add some fairy lights and lanterns, and get the party started.

'60s South Beach
Showtime's new Magic City TV series, set in mid-century Miami, is inspiration for party decor and music with a retro vibe, served with Cuban-influenced canapes.

At Pottery Barn, you'll find a collection of melamine plates, serveware and co-ordinating linens in muted vintage tropical prints.

Palm-leaf-patterned ceramic serveware in deep blues and olive greens are part of Cindy Crawford Style's Eden collection at JC Penney.

And even if you're landbound, craft stores offer shells, coral and starfish you can add to baskets and trays filled with store-bought play sand to create table decor. Or place one dramatic tropical flower or frond in a tall slim vase.

Serve appetizers with Latin flair, such as Cuban shrimp skewers, mini empanadas and spicy popcorn. Play the Rat Pack music that was popular in the era at Miami's big hotels — Frank Sinatra, Ella Fitzgerald, Sammy Davis Jr.

Cocktails in Cortona
You may not be under the Tuscan sun this summer, but you can still set a similar scene for your guests.

Fill a large glass vase with water, lemons and sunflowers. Or take a cue from London-based stylist Sania Pell and fill clear vessels with untrimmed vegetables such as radishes, celery and carrots for a rustic look.

Pottery Barn has melamine versions of the iconic Talavera pottery, while Williams-Sonoma has unbreakable dishware in Mediterranean patterns.

Small bites are the way to go with any cocktail party; they're easy for guests to handle, and your food trays will be easier to refresh. For this one, consider tiny tomato tarts, a sampler of Italian ices, and shot glasses filled with cold soups like cucumber dill or tomato basil.

Tokyo terrace
A city balcony is the perfect place for a chic, Asian-inspired cocktail party. Set up the Zen zone with baby conifer pots or moss nestled into interesting dishes. Wrap votives in origami paper.

Branchhome.com has Wasara's elegant bamboo and sugarcane-fiber disposable tableware that's great looking and eco-friendly.

CB2's Format orange enamel tray and an array of colourful clothes-pin-style chopsticks would be stylish options.

Crabcakes, salmon satays and melon ball lollipops, along with bowls of Japanese crackers and wasabi nuts, will satisfy snacking guests.

Cabin fever
Bring the woodsy cabin vibe home to the city or suburbia with a few playful accessories and a comfort food menu. A few inexpensive bandanas, a plaid blanket or an old quilt make colourful table coverings.

Homegoods has a canoe-shaped condiment server complete with "paddle" spoons. You'll find patchwork-patterned acrylic plates here too, as well as co-ordinating drink pitchers and utensils. Set out mini sliders, roasted vegetable skewers and paper cups filled with seasoned fries.

THE ASSOCIATED PRESS

Patchwork acrylic plate (above), $7.99, and metal cutout lanterns, $12.99 - $24.99, both from HomeGoods.com

Starfish bowls, $10.50 each. POTTERYBARN.CA

Luau Melamine Plates, set of 4, $31.45 - $39.48. POTTERYBARN.CA

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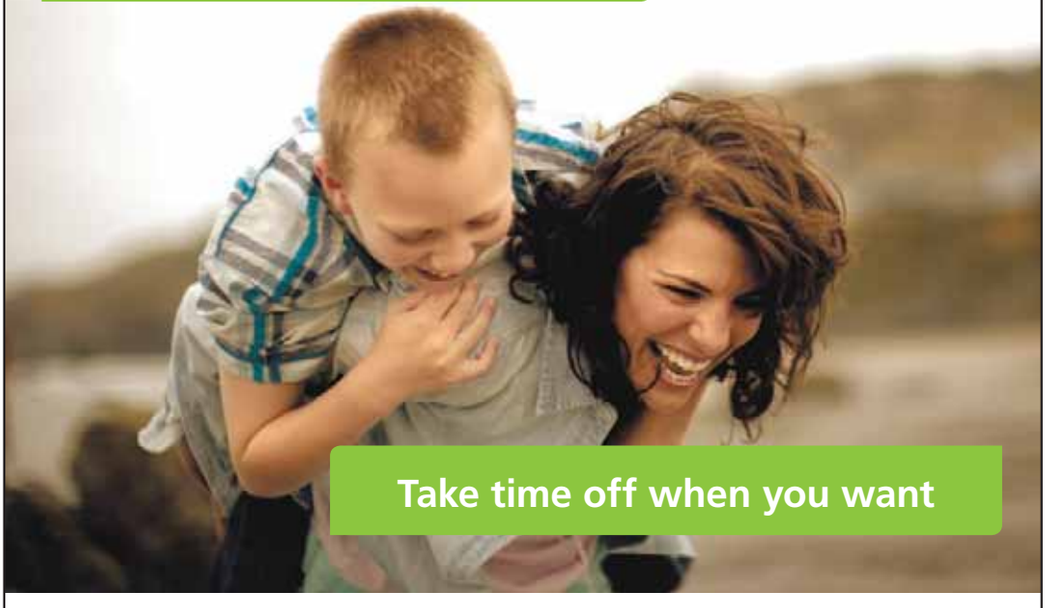

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Keep cool with haute home decor

Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

Here are a few homeowner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.

Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, $500, Delonghi.ca

Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. $480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multifier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.

Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, $400, DysonCanada.ca

Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at $250, HunterDouglas.ca

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tridel.com

Tracing your way to a stylish home

Is there anything you can't stencil? Skip the hassle of wallpaper and still add interest to walls, ceilings, floors and more

An allover tile stencil by artist Michelle Lopez is shown in a bathroom remodel in Madison, Miss. ROYAL DESIGN STUDIO

With a decorative stencil and some paint, you can decorate not just walls but just about any surface of your home.

Wall decals and stencils have become more popular, says Emily Bidwell, an in-house style expert at the crafts website Etsy.com, because they are "a no-fuss way to create a big impression."

"In under an hour you can create a mural effect without the mess of paint, and it's an affordable alternative to wallpaper," she says. "Plus, you have the added fun of having done it yourself."

Besides walls, there are stencils with intricate medallions for ceilings and other designs perfect for floors: Think of a curling vine pattern on an outdoor concrete porch. Stencils can be used on fabrics too, from decorative pillows to window treatments to shower curtains. If you use the right paints, you can even embellish glass and ceramics.

Smaller stencils can be used for personalized gift bags, tags and cards, as well as for scrapbooking and, of course, sign-making.

Melanie Royals, president and creative director for Royal Design Studio, a stencil manufacturer in southern California, says one customer recently used a stencil and acrylic paint on a throw rug. Furniture stenciling also has become popular, she says; one of her ideas is to stencil the sides of dresser drawers for an artistic touch when they are opened.

"There are so many designs that are available that really can co-ordinate with almost any decor," Royals says. Plus, she says, "There is just a really short learning curve for using stencils, and you get the instant gratification."

Basically, you paint, pull the stencil off the wall and see the design.

Ambitious do-it-yourselfers can create their own stencils using a cutting mat or stencil film, and cutting tools such as exacto knives, says Tara Custer of Jo-Ann Fabrics and Crafts, one of the nation's largest retailers of the specialty products. Draw your own design or find free ones online, then transfer them to cardstock or other durable paper. Or try see-through plastic such as stencil film that can be taped to your design; then you can start cutting in whatever shape you've chosen.

Greg Swisher, co-founder of the New Jersey-based Cutting Edge Stencils, says cleaner colours and eye-catching patterns on walls are in fashion.

"Families are on a budget. They want to decorate their homes but they can't afford designer wallpaper," he says. "There is so much value in a stencil — you can custom colour to match the decor, and work with the architecture in the room to accent a wall or around an entryway."

Stephanie Olmstead, senior graphic designer with Stencil Ease of Old Saybrook, Conn., offers three tips for do-it-yourselfers:

1. Practise your technique before you apply the stencil to your intended surface.

2. Remember that less paint is better. You don't want the paint bleeding or seeping under the edges of the cut-outs.

3. You don't have to doggedly follow the colours recommended by the artist or company of store-bought stencils. She advises trying "any colours that appeal to you."

Also, keep some of your base colour on hand to touch up any problem areas, Swisher advises. But overall, he says, stenciling is very forgiving.

"You stencil one print. Say it's crooked — you paint over it and you're ready to go," he says. "You want to redecorate? You want to change colour or style, or add to it? It's super-versatile that way."

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A whirligig by Vollis Simpson along the entrance to Fearrington Village near Pittsboro, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Whimsical, wind-powered whirlygigs an engineering feat

Folk art. Vision of one man brings outsider art into the public eye

The eccentric vision of a self-taught North Carolina artist famed for his whirligigs is getting an overhaul that's as much about engineering as it is about art.

Just as more traditional conservators might study an artist's canvas and paints, a 16-member team is restoring about 30 whirligigs — wind-driven creations constructed from motor fans, cotton spindles and other recycled parts — that stand as high as 50 feet.

Vollis Simpson built the contraptions over the years. But at 93, his knees no longer allow him to maintain his creations.

With the help of approximately $2 million in grants and donations, a few organizations in nearby Wilson are building the Vollis Simpson Whirligig Park. It's scheduled to open in November 2013. Between now and then, the team is sprucing up whirligigs that have spent decades in the elements, including more than a few hurricanes.

"He made them to last his lifetime, and they basically have," said Danny Price, a retired Bridgestone tire plant worker who's now the whirligig mechanical foreman. "So our next step is to make them last generations."

The whirligigs — some weighing as much as 3 tons with hundreds of moving parts — are folk art or outsider art, works created by someone without a formal background in art.

The whirligigs have captured attention across the U.S.. Buyers include a shopping centre in Albuquerque, the American Visionary Art Museum in Baltimore and the American Folk Art Museum in New York City. THE ASSOCIATED PRESS

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Steps to stop that blackspot

If it's your rose bush rather than your dog that you're calling "Spot," then it's time for action.

And getting rid of blackspot — the disease that's marring your roses — need not mean dowsing the plant with chemicals.

First get to know the enemy: Diplocarpan rosae, a fungus feared by rosarians almost everywhere. Those black spots, if you look closely, have fringed edges and black pimples at their centre to distinguish them from other possible leaf-spotting diseases. Infected leaves soon yellow, then drop, meaning less energy for the bush which, in turn, means fewer flowers and sometimes the death of the plant.

Over the almost 200 years that the disease has been known, its causal fungus has paraded under about 25 different scientific names. Still, its lifecycle is simple.

A year in the life of blackspot disease

Blackspot disease spent the winter mostly in infected leaves that fell to the ground. Spring warmth and rain awakened the fungus to shoot spores up into the rose bush and infect young, unfolding leaves.

Moisture was needed to get those spores moving, and then the leaves had to stay moist for a few hours before infection could set in.

Once spores get up into the bush in spring, infection can continue through the summer as spores hopscotch from leaf to leaf. Spores are released and get footholds only when moisture is present for enough time.

Controlling blackspot on rose bushes doesn't require harsh chemicals.
ISTOCK IMAGES

Joe Justice paints a piece of a Vollis Simpson whirligig at a warehouse where renovations are taking place in Wilson, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Vollis Simpson

'Just an old country boy'

About 20 miles away from the warehouse where the team mulls over Simpson's work, Simpson himself sits in a rickety chair, surrounded by scrap metal and smaller whirligigs, suitable for family yards and tabletops.

Several of his larger whirligigs still stand there; a few will remain after the park is built, including one that will stay as a gift to the community.

Simpson is conflicted about the park — he knows he can no longer care for the whirligigs but he's lonesome without them.

"Well, I kind of hate to see them go," he said. "I've looked at them for 50 or 60 years."

He says he's excited about the park, but is concerned about the opening date that's more than a year away. "I just hope I live to see it."

To the people restoring the whirligigs, Simpson is both artist and engineer. But Simpson says he doesn't consider himself an artist.

"But everybody says I am," he said. "I'm just an old country boy."

Whirligigs by Vollis Simpson. GERRY BROOME/THE ASSOCIATED PRESS

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Prevention is the first step

Blackspot needs moisture to take hold, so one way to control it is to plant rose bushes where they will dry off quickly from dew and rain — in full sunlight (which roses need for best flowering anyway), and away from walls or dense shrubs where air can stagnate.

This also means pruning away enough stems that remaining ones can bathe in drying light and air. And wet the ground, not the leaves, when watering and avoid working among the bushes when they are wet.

Gathering up and composting the leaves the bush drops in autumn can lessen the amount of disease inoculum the following spring. Even better is to mulch the ground sometime between late autumn and late winter, each year leaving old mulch in place as you pile on new. Besides mulch's usual benefits, in this case it also acts as a barrier to keep that first batch of spores from the leaves.

Plan before planting

Roses vary in susceptibility to blackspot, and the easiest way to deal with it is to grow a plant that won't get diseased in the first place.

Among hybrid teas there are varieties that resist blackspot, such as Tropicana, Mister Lincoln, Pink Peace, Carefree Beauty and Keepsake. Some grandiflora and floribunda types that resist blackspot include Queen Elizabeth, Sonia, Betty Prior and Bonica.

Don't put too much stock in blackspot resistance, though, because there are a number of races of the blackspot fungus, so a variety may be resistant in one locale but not in another.

More reliable resistance is found among so-called species and shrub roses. Blackspot usually doesn't cause problems with Father Hugo's Rose, rugosa roses, and some of the newer varieties of shrub and landscape roses.

Spray as a last resort

If you already have roses in the ground and don't want to replace them, they have a relatively good site, and you prune and mulch them, you could still be calling your rose bush Spot.

Even then, before you reach for some highly toxic pesticide, try a more benign alternative: baking soda, that universal cure for everything from dirty dishpans to smelly refrigerators.

Mix a tablespoon and a half, along with either a few drops of dish detergent or two tablespoons of summer oil (also called horticultural oil) per gallon of water and spray weekly. For some gardeners, this spray makes Spot a dog's name again.

THE ASSOCIATED PRESS

Sweat Equity host Amy Matthews. HANDOUT

Landscape for less with these easy backyard projects

DIY. Transform your outdoor space into a beautiful garden retreat without breaking the bank

The summer months encourage outdoor living and entertaining, but landscaping can be a costly project to take on. Sweat Equity host Amy Matthews helps homeowners tackle projects themselves and shares techniques to save money along the way.

Amazing arbor

Create a dramatic entrance to your garden with an arbor. These add height to landscaping and provide a place for flowering vines such as wisteria or clematis to grow, resulting in a crown of flowers.

Arbors are a great alternative to a full pergola or gazebo as they require substantially less material, which results in lower costs.

There are also various styles to suit different design tastes such as arched garden arbors or those with flat tops. Some homeowners prefer to let arbors stand alone without flowers so their architectural beauty takes the spotlight.

Build a rock garden

Rock gardens can be used in areas that prove difficult for many plants to grow, such as on dry soil surfaces. This results in a lower expense over the long run as you won't need to replace greenery that has not survived or spend your time and money keeping those flowers blooming.

Garden centres provide a variety of rock sizes and colours — everything from flagstones to small pea stones to large boulders. Selecting rocks with similar colour hues is a good starting point; choose tones that complement the colours of your home or landscaping.

Small cacti make great additions to rock gardens since they require little maintenance. To avoid weeding, create a weed barrier under the rocks by laying down landscaping fabric before getting started.

Make your own lighting

Instead of purchasing expensive outdoor lighting and taking time to wire your yard with the appropriate outlets, consider making your own.

A charming DIY light source is to fill mason jars with river stones and a tea light. Or use different colours of sand in place of river stones for more pizzazz. Your new lighting can either hang on hooks around a deck or gazebo or be placed along a garden path to give it an enchanting evening glow.

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NHL

Vlasic strikes deal to stay a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.

THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the 10th stage of the Tour de France as the race entered the Alps on Wednesday, while Bradley Wiggins retained the overall lead.

THE ASSOCIATED PRESS

Thomas Voeckler crosses the finish-line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.

THE ASSOCIATED PRESS

NBA

"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make $3 million this season after officially signing a contract with the Miami Heat on Wednesday.

Raptors finalize deal to acquire Lowry from Rockets

NBA. Philadelphia native is key building block for young Toronto team

The Toronto Raptors have officially acquired the cornerstone of what they hope will be a young team brimming with potential.

The Raptors and Houston Rockets finalized a trade Wednesday that will send point guard Kyle Lowry to Toronto for forward Gary Forbes and a protected future first-round draft choice.

"We feel we've added a solid starting-calibre point guard to our team who will bring toughness, grit and playmaking at a very important position," Raptors GM Bryan Colangelo said during a conference call. "At (26 years old) I would say Kyle represents what I would characterize as the future of the position."

Lowry averaged career bests of 14.3 points, 4.5 rebounds and 1.6 steals with the Rockets last year. He also contributed team highs of 6.6 assists and 32.1 minutes in 47 games.

He is slated to make $5.75 million US next season and $6.21 million in 2013-14, a very attractive price for a starting point guard who can put up points and eat minutes.

The six-foot, 205-pound Philadelphia native is a key building block for a young team that will add prized rookie centre Jonas Valanciunas, recent draft picks Terrence Ross and Quincy Acy and potentially guard/small forward Landry Fields to its roster next season.

The deal was first reported last week, shortly after the Raptors missed out on signing Victoria's Steve Nash. The Canadian star went to the Los Angeles Lakers instead.

"I respect Steve a great deal for making his decision about family first and probably basketball second," Colangelo said. "The fact that he got a perfect blend that allows him to compete for a championship an hour away from his family ... I can't fault a guy for that and I applaud him for it actually."

Colangelo also said the team was going ahead with its plan to sign Fields to an offer sheet, reported last week to be around $20 million.

Colangelo confirmed Fields was targetted partly because the Knicks planned to use him as a piece of a sign-and-trade deal to lure Nash to New York.

THE CANADIAN PRESS

Kyle Lowry against the Charlotte Bobcats in January in Charlotte, N.C. GETTY IMAGES FILE

Incumbent

Calderon's future unknown

What Lowry's acquisition means for current Raptor point guard Jose Calderon remains to be seen.

Calderon played well last season averaging 10.5 points and 8.8 assists per game, but Lowry is five years younger and regarded as an upgrade on defence. A likely scenario would see Lowry start and Calderon come off the bench.

Colangelo also said the Raptors would not be against trading Calderon for the right price, but they see him as valuable.

"I'm not going to tell you (Jose) was thrilled about the trade, but in the end this is about becoming a better basketball team and that's my No. 1 concern."

Jose Calderon GETTY IMAGES FILES

4 SPORTS

NBA

"Being here right now is something I never foresaw. That (jersey) was a major hurdle for me just to get over visually as a player."

Two-time MVP Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back. After spending the past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.

THE ASSOCIATED PRESS

Mobile sports

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Van Riemsdyk willing to move forward at centre

NHL. Newly acquired Leaf says he'd relish 'great opportunity' to play up the middle

James van Riemsdyk faced a phalanx of cameras and reporters befitting a rock star Wednesday, so there was little question regarding the collective interest in the new Maple Leaf.

About the only question, then, when Van Riemsdyk met the Toronto media for the first time since the Leafs traded for him on June 23, was where he will fit in on the forward lines.

The Leafs have hinted at dropping the Middletown Township, N.J., native at centre, at least in training camp. That plan is likely one the organization wants to stick to, and it seems they have a willing soldier in Van Riemsdyk, who spent the past two seasons in Philadelphia on the wing.

"It's a great opportunity for me, I played a bit there in college, and any time you have an opportunity like that, it's good to give it a try," said Van Riemsdyk on a hot July day with the start of hockey still two months away.

Whether Van Riemsdyk lands on the top line with Phil Kessel and Joffrey Lupul, or on the second line with Mikhail Grabovski and Nik Kulemin, there's a chance several Leaf players will be affected.

But the answers — at least to Van Riemsdyk's bid to be a centre — will play out at training camp. And there's certainly no guarantee he will end up as a pivot.

TORSTAR NEWS SERVICE

Quoted

"A lot of things are out of your control, when you play hard those things happen sometimes."

James Van Riemsdyk on the concussion and broken foot that shortened his 2011-12 season.

James van Riemsdyk was a special instructor at the Leafs' hockey school on Wednesday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

NHL

Winter Classic adds 2nd Wings-Leafs alumni game

Next season's Winter Classic between the Detroit Red Wings and Toronto Maple Leafs will include two alumni games and around 100 players from the storied franchises.

"You've got two teams that have been in the league forever," said Wendel Clark, who is among the former players lined up to represent the Leafs. "It's a great idea to have the second one to open up the option to have more guys."

Representatives from the teams announced preliminary rosters at a news conference Wednesday at Comerica Park, where the alumni games are scheduled to take place Dec. 31. The 2012-13 editions of the Wings and Leafs will play the Winter Classic on Jan. 1 at Michigan Stadium in Ann Arbor. THE ASSOCIATED PRESS

Former Leafs Kevin Maguire, from left, and Wendel Clark at Comerica Park in Detroit on Wednesday. PAUL SANCYA/THE ASSOCIATED PRESS

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MLB. Jays attendance back on rise

Heading into the Midsummer Classic in Kansas City, the Blue Jays' .500 record may not have been what they or their fans had hoped for.

But after the Jays took four days off for the all-star break, the club's executives should at least be pleased by this year's attendance figures, which are on pace to be among the highest in the last decade.

Through 42 home games this year, 1,107,908 paying customers have walked through the Rogers Centre's turnstiles — 175,366 more than last year at this time.

The Jays surpassed the 1 million mark in their 37th game this year — the quickest they have reached the milestone since 1998 — and are on pace to crack the 2 million mark for the first time since eliminating $2 Tuesdays.

Merchandise sales, sponsorships and TV ratings are all up this season, as renewed interest in the club and its players has paid dividends for the organization and its owner, Rogers Communications, which also owns Sportsnet, holder of the team's broadcasting rights.

"I feel like we're in a very good place and we're only building from here," said Stephen Brooks, the Jays' senior vice-president of business operations.

TORSTAR NEWS SERVICE

MLS. Dunfield's late goal rescues TFC from late letdown vs. Whitecaps

Terry Dunfield, centre, is mobbed by teammates after scoring the winning goal against Vancouver in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Terry Dunfield scored in stoppage time to give Toronto FC a 3-2 win over Vancouver in a wild MLS game Wednesday night that seemed destined for a tie after the home side had gifted a goal to the Whitecaps on a last-minute mistake.

With the regulation 90 minutes gone, Toronto goalie Milos Kocic tried to punch away a high cross with one hand and missed it, leaving Darren Mattocks a clear header that sent the ball looping into the goal.

That made it 2-2 but Toronto wasn't finished. Dunfield, a former Whitecaps player, rose and headed in the winning goal off a corner with just seconds left.

Until then, it seemed like goals by Torsten Frings and rookie Luis Silva three minutes apart in the second half had given Toronto FC a 2-1 win.

Vancouver (8-5-6) had opened the scoring in the 50th minute after midfielder Barry Robson carved open the Toronto defence with a through ball to Mattocks, who slotted the ball into the empty net from a tight angle. THE CANADIAN PRESS

On the move

Toronto FC parted ways with 24-year-old forward Nick Soolsma on Wednesday, saying the Dutch international's contract had been terminated by mutual consent. Soolsma signed with Toronto in March 2011.

- The club also announced a deal to loan forward Joao Plata to his former Ecuadorian club, LDU Quito, has been finalized.

The Blue Jays celebrate a win at Rogers Centre in June. GETTY IMAGES FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Tuesday's result
National League 8, American League 0
Fridays games
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Detroit at Baltimore, 7:05 p.m.
Cleveland at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 8:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at Seattle, 10:10 p.m.
Saturday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 7:10 p.m.
Chicago White Sox at Kansas City, 7:10 p.m.
Texas at Seattle, 9:10 p.m.
Sunday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 1:35 p.m.
Boston at Tampa Bay, 1:40 p.m.
Oakland at Minnesota, 2:10 p.m.
Chicago White Sox at Kansas City, 2:10 p.m.
Texas at Seattle, 4:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Tuesday's result
National League 8, American League 0
Friday's games
Arizona at Chicago Cubs, 2:20 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
N.Y. Mets at Atlanta, 7:35 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Philadelphia at Colorado, 8:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.
Houston at San Francisco, 10:15 p.m.
Saturday's games
N.Y. Mets at Atlanta, 4:05 p.m.
Arizona at Chicago Cubs, 4:05 p.m.
Philadelphia at Colorado, 4:05 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
Pittsburgh at Milwaukee, 7:10 p.m.
Houston at San Francisco, 9:05 p.m.
San Diego at L.A. Dodgers, 9:10 p.m.
Sunday's games
Washington at Miami, 1:10 p.m.
N.Y. Mets at Atlanta, 1:35 p.m.
Pittsburgh at Milwaukee, 2:10 p.m.
Arizona at Chicago Cubs, 2:20 p.m.
Philadelphia at Colorado, 3:10 p.m.
Houston at San Francisco, 4:05 p.m.
San Diego at L.A. Dodgers, 4:10 p.m.
St. Louis at Cincinnati, 8:05 p.m.

ALL-STAR GAME RESULTS

2012 — National, 8-0
2011 — National, 5-1
2010 — National, 3-1
2009 — American, 4-3
2008 — American, 4-3 (15 innings)
2007 — American, 5-4
2006 — American, 3-2

ALL-STAR GAME MVPS

2012 — Melky Cabrera, San Francisco, NL
2011 — Prince Fielder, Milwaukee, NL
2010 — Brian McCann, Atlanta, NL
2009 — Carl Crawford, Tampa Bay, AL
2008 — J.D. Drew, Boston, AL
2007 — Ichiro Suzuki, Seattle, AL
2006 — Michael Young, Texas, AL

LATE TUESDAY

NL ALL-STARS 8, AL ALL-STARS 0

NL	ab	r	h	bi	AL	ab	r	h	bi
CGnzlz dh	2	0	0	0	Jeter ss	2	0	1	0
Hollidy ph-dh	1	1	1	1	ACarer ph-ss	1	0	0	0
CJones ph-dh	1	0	1	0	Cano 2b	2	0	1	0
Bourn ph-dh	1	0	0	0	Kinsler ph-2b	2	0	0	0
MeCarr cf	3	2	2	2	Hamltn lf	2	0	0	0
AMcCt cf	2	0	1	0	Trout lf	1	0	1	0
Braun lf	3	1	2	1	Bautist rf	1	0	0	0
Bruce rf	2	0	0	0	Trumo rf	2	0	0	0
Votto 1b	3	0	0	0	Fielder 1b	2	0	0	0
Freese 1b	1	0	0	0	Konerk 1b	0	0	0	0
LaHair 1b	1	0	0	0	Mauer 1b	1	0	1	0
Beltran rf	1	1	0	0	Beltre 3b	2	0	0	0
Harper ph-lf	1	0	0	0	MiCarr 3b	1	0	0	0
Posey c	2	1	0	0	Andrus 3b	1	0	0	0
Ruiz c	1	0	0	0	Ortiz dh	2	0	1	0
Sandovl 3b	2	1	1	3	Butler ph-dh	2	0	0	0
DWrght 3b	2	0	0	0	Napoli c	2	0	1	0
Uggla 2b	3	0	1	1	Wieters c	2	0	0	0
Altuve 2b	1	0	0	0	Grndrs cf	2	0	0	0
Furcal ss	3	1	1	0	AdJons cf	1	0	0	0
SCastro ph-ss	1	0	0	0					
Totals	**37**	**8**	**10**	**8**	**Totals**		**31**	**0**	**6**	**0**
NL					500	300	000	8	
AL					000	000	000	0	

DP—NL 2. LOB—NL 5, AL 8. 2B—Braun. 3B—Braun, Sandoval, Furcal. HR—Me.Cabrera. SB—Trout.

NL	IP	H	R	ER	BB	SO
M.Cain W	2	1	0	0	0	1
G.Gonzalez	1	0	0	0	0	1
Strasburg	1	1	0	0	1	0
Kershaw	1	2	0	0	1	0
Dickey	1	1	0	0	0	1
Hamels	1	0	0	0	0	0
Kimbrel	2-3	0	0	0	0	2
Chapman	1-3	0	0	0	1	1
Miley	1-3	1	0	0	0	0
Hanrahan	1-3	0	0	0	0	1
Papelbon	1-3	0	0	0	0	0
AL						
Verlander L	1	4	5	5	2	2
Nathan	1	0	0	0	0	0
Price	1	0	0	0	0	0
M.Harrison	1	4	3	3	0	0
Weaver	1	0	0	0	1	0
Sale	1	2	0	0	0	1
R.Cook	1	0	0	0	0	2
Ji.Johnson	1	0	0	0	0	1
Rodney	1	0	0	0	0	0

HBP—by Dickey (Konerko). WP—Hanrahan.
Umpires—Home, Gerry Davis; First, Jim Joyce; Second, Brian Runge; Third, Tony Randazzo; Right, Brian Knight; Left, Lance Barksdale.
T—2:59. A—40,933 (37,903).

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday's games
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.

TENNIS

ATP

WORLD TOUR CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

Wednesday's results
At Newport, R.I.
Singles
Second Round
Dudi Sela, Israel, def. Sam Querrey, United States, 5-7, 7-6 (6), 6-2.
Rajeev Ram, United States, def. Michael Russell, United States, 7-6 (6), 6-3.
Izak Van der Merwe, South Africa, def. Jack Sock, United States, 6-4, 6-4.
Kei Nishikori (2), Japan, def. Olivier Rochus, Belgium, 6-7 (6), 6-4, 6-2.
John Isner (1), United States, def. Nicolas Mahut, France, 6-2, 7-6 (2).
Lleyton Hewitt, Australia, def. Tim Smyczek, United States, 6-4, 2-6, 6-1.
Doubles
First Round
Treat Conrad Huey, Philippines, and Dominic Inglot, Britain, def. Steve Johnson and Denis Kudla, United States, 6-4, 6-1.
Colin Fleming and Ross Hutchins (2), Britain, def. **Vasek Pospisil, Canada,** and Sam Querrey, United States, 7-6 (4), 7-5.
Kei Nishikori and Go Soeda, Japan, def. Carsten Ball, Australia, and **Adil Shamasdin, Canada,** 6-4, 2-6, 10-7 tiebreak.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

OAKLAND ATHLETICS — Released LHP Brian Fuentes.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with OF Albert Almora on a minor league contract.
MILWAUKEE BREWERS — Assigned RHP Tim Dillard outright to Nashville (PCL). Recalled RHP Tyler Thornburg from Nashville (PCL). Called up SS Jeff Bianchi from Nashville.
PITTSBURGH PIRATES — Agreed to terms with OF Michael DeLaCruz on a minor league contract.

BASKETBALL

NBA

BROOKLYN NETS — Re-signed G Deron Williams to a five-year contract and F Gerald Wallace to a four-year contract.
DETROIT PISTONS — Signed F Kyle Singler to a multi-year contract.
HOUSTON ROCKETS — Traded G Kyle Lowery to Toronto for F Gary Forbes and an unspecified first-round draft pick. Signed C Marcus Camby and traded him to New York for G Toney Douglas, C Josh Harrellson, C Jerome Jordan and two unspecified second-round draft picks.
LOS ANGELES CLIPPERS — Signed F Blake Griffin to a five-year contract extension.
MIAMI HEAT — Signed G Ray Allen and F Rashard Lewis.
MILWAUKEE BUCKS — Signed G Doron Lamb.
NEW YORK KNICKS — Signed G-F James White.
OKLAHOMA CITY THUNDER — Signed F Hollis Thompson.
ORLANDO MAGIC — Signed F Ryan Anderson and traded him to New Orleans for F Gustavo Ayon.
PHILADELPHIA 76ERS — Re-signed F Lavoy Allen.
PHOENIX SUNS — Signed G Steve Nash and traded him to the L.A. Lakers for 2013 and 2015 first-round draft picks and 2013 and 2014 second-round draft picks.
PORTLAND TRAIL BLAZERS — Signed F Victor Claver.
SACRAMENTO KINGS — Re-signed F Jason Thompson.
SAN ANTONIO SPURS — Re-signed F Tim Duncan.

FOOTBALL

Canadian Football League
EDMONTON ESKIMOS — Signed OL Belton Johnson to the practice roster.

HOCKEY

NHL

ANAHEIM DUCKS — Signed G Frederik Andersen to a two-year, entry-level contract.
BOSTON BRUINS — Signed D Garnet Exelby and F Lane MacDermid to one-year, two-way contracts.
CAROLINA HURRICANES — Agreed to terms with D Marc-Andre Gragnani on a one-year, two-way contract.
DALLAS STARS — Signed F Brett Richie and D Troy Vance to three-year, entry-level contracts.
EDMONTON OILERS — Reached a one-year affiliation agreement with Stockton (ECHL).
FLORIDA PANTHERS — Agreed to terms with G Michael Houser and D Josh McFadden on entry-level contracts.
NEW YORK RANGERS — Agreed to terms with F Brandon Segal.
PHOENIX COYOTES — Agreed to terms with F Joel Rechlicz on a one-year, two-way contract.
SAN JOSE SHARKS — Signed D Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season.
WASHINGTON CAPITALS — Re-signed C Zach Hammill to a one-year contract. Signed LW Wojtek Wolski to a one-year contract.

SOCCER

MAJOR LEAGUE SOCCER

MONTREAL IMPACT — Signed D Dennis Iapichino. Traded F Justin Braun to Real Salt Lake for a conditional 2014 draft pick.
PORTLAND TIMBERS — Recalled F Bright Dike from loan from Los Angeles (USL-PRO). Loaned D Andrew Jean-Baptiste to Los Angeles (USL-PRO).
TORONTO FC — Terminated the contract of F Nick Soolsma.
VANCOUVER WHITECAPS — Sold the contract of M Davide Chiumiento to FC Zurich (Swiss Super League).

CYCLING

TOUR DE FRANCE

At Bellegarde-sur-Valserine, France
Wednesday results
10TH STAGE
A 120.9-mile ride from Macon in southern Burgundy into the Jura mountains to Bellegarde-sur-Valserine, with the first "Hors categorie" climb of this year's tour to the Col de Grand Colombier
1. Thomas Voeckler, France, Team Europcar, 4 hours, 46 minutes, 26 seconds; 2. Michele Scarponi, Italy, Lampre-ISD, 3 seconds behind; 3. Jens Voigt, Germany, RadioShack-Nissan, :07; 4. Luis Leon Sanchez, Spain, Rabobank, :23; 5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, :30; 6. Sandy Casar, France, FDJ-Big Mat, 2:44; 7. Egoi Martinez, Spain, Euskaltel-Euskadi, same time; 8. Pierre Rolland, France, Team Europcar, same time; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 10. Dmitriy Fofonov, Kazakhstan, Astana, 2:52.
11. Thibaut Pinot, France, FDJ-Big Mat, 3:16; 12. Cadel Evans, Australia, BMC Racing, same time; 13. Bradley Wiggins, Britain, Sky Procycling, same time; 14. Nicolas Roche, Ireland, France, AG2R La Mondiale, same time; 15. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 16. Denis Menchov, Russia, Katusha, same time; 17. Alejandro Valverde, Spain, Movistar, same time; 18. Chris Froome, Britain, Sky Procycling, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Jerome Coppel, France, Saur-Sojasun, same time.
OVERALL STANDINGS
(After 10 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 43 hours, 59 minutes, 02 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29; 10. Tejay Van Garderen, United States, BMC Racing, 5:31.
11. Rui Costa, Portugal, Movistar, 5:46; 12. Rein Taaramae, Estonia, Cofidis, 5:56; 13. Janez Brajkovic, Slovenia, Astana, 6:29; 14. Andreas Kloeden, Germany, RadioShack-Nissan, 6:33; 15. Michele Scarponi, Italy, Lampre-ISD, 7:14; 16. Frank Schleck, Luxembourg, RadioShack-Nissan, 8:19; 17. Jerome Coppel, France, Saur-Sojasun, 8:31; 18. Thibaut Pinot, France, FDJ-Big Mat, 8:53; 19. Levi Leipheimer, United States, Omega Pharma-QuickStep, 8:58; 20. Pierre Rolland, France, Team Europcar, 9:28.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
Kansas City	18	10	5	3	23	17	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	18	3	11	4	21	35	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Seattle	19	8	5	6	23	19	30
Vancouver	19	8	5	6	21	22	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Wednesday's result
Toronto 3 Vancouver 2
Saturday's games
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.
Sunday's games
Seattle FC at New York, 4 p.m.
D.C. United at Houston, 9 p.m.
Wednesday, July 18
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto FC, 7 p.m.
New England at Montreal, 8 p.m.
Sporting Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
FC Dallas at San Jose, 10:30 p.m.

NASL

Wednesday's result
San Antonio at Puerto Rico
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday's games
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday's game
Tampa Bay at Edmonton, 4 p.m.

CSL

Friday's games
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday's game
London at Windsor, 7:15 p.m.
Sunday's games
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia, 8 p.m.

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SATURDAY 14th July 2012. 11:00 AM

The following list of names and last known addresses, are people whose goods in storage at **All Canadian Self Storage, 1 Laird Dr Toronto ON M4G 3S8** will be put up for online auction on Saturday July 14th 2012 at 11:00am due to non-payment of Storage rent.
The **ONLINE AUCTION** will be conducted online by YouBidLocal.com.

ALL CANADIAN SELF-STORAGE CENTRE
1 Laird Dr Toronto ON M4G 3S8, ON (416) 201-0101

1) Fitzroy Hunter	54 Divine Dr., Whitby, ON L1R 2T3
2) Kyla Tear	1760 Finch Ave., Toronto, ON M2J 5G3
3) Kyla Tear	1 Deep Dale East, Hamilton Bermuda, HM18
7) Claire Gillies	217 Craven Rd, Toronto ON M4L 2Z5
4) Cecilia Corbett	1802-25 The Esplanade, Toronto ON, M5E 1W5
5) Cecilia Corbett	398 Hopewell Ave, Toronto ON M6E 2S2

According to the Lease by and between the customers listed above and All Canadian Self-Storage and its related parties, assigns and affiliates in Order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, Items will be sold or otherwise Disposed of at this site on dates and at approximate times listed by the Addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers Must provide own lock if needed. Seller reserves the right to overbid. All items Or spaces may not be available on date of sale.

Psychics

Pandit: Shivananda Babaji
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Education *Children
Enemy * Business
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Relationship etc
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Mr Jagadish
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All Religious Welcomed
647-532-8224
1290 Finch Ave. W, North York (Keele & Finch)

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Miscellaneous

Psychics

Durga Parmeshwari Astrologer
Jagan Mohan
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Evil Spirit, Bad Luck, Evil Eyes, Jealousy & any Problem.
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like Job, Enemy, Family, Love, Money and Relationship
For every problem, There is a Solution
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Airport & Derry

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Miscellaneous

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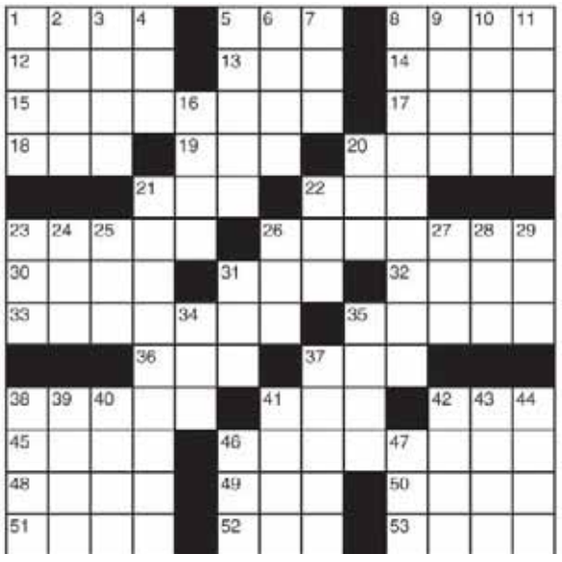
LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Across
1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up
52 Buddhist sect
53 "Swell!"

Down
1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast
39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse
43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



	3	4				8		
			7	3				1
7					2			3
		3	1		5		9	
	8			4			2	
	5		2		7	6		
5			4					2
3				1	9			
		6				5	7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	4	7	8	9	3	5	2	6
8	5	6	7	4	2	9	3	1
2	9	3	5	6	1	7	4	8
4	7	1	3	2	9	8	6	5
9	2	8	6	7	5	4	1	3
6	3	5	1	8	4	2	9	7
3	1	4	2	5	8	6	7	9
7	8	2	9	3	6	1	5	4
5	6	9	4	1	7	3	8	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

I X A Y G M G K W A Y L A K

H V P V L P G J N M G J L G H A K Y ,

V P B W W N P A X A P X N B J C

N K C A K G P M K A I C K V H A K .

Yesterday's Cryptoquip: IF A GUY IS DRESSED IN A FELINE COSTUME, MIGHT YOU CALL HIS HAIRSTYLE A "CAT MAN DO"?

Today's Cryptoquip Clue: I equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 31°/19° Sunny
Friday 31°/21° Sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

Taurus | April 21 - May 21. Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

Gemini | May 22 - June 20. Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

Cancer | June 21 - July 22. You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

Leo | July 23 - Aug. 22. Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

Virgo | Aug. 23 - Sept. 22. You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

Libra | Sept. 23 - Oct. 22. All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

Scorpio | Oct. 23 - Nov. 21. There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

Sagittarius | Nov. 22 - Dec. 21. Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

Capricorn | Dec. 22 - Jan 20. You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

Aquarius | Jan. 21 - Feb 18. Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

Pisces | Feb. 19 - March 20. Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. SALLY BROMPTON

Caption Contest

"Well, it looked like a good idea on paper!"
Les
THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Having Trouble Sleeping with Depression?

If you are: Between the ages of 21 and 64, and have both depression and trouble falling or staying asleep at night, you may be eligible to participate in a treatment study at the Ryerson Sleep & Depression Lab.

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